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HOUSEWIVES

LEAGUE OFFICIAL MAGAZINE

MRS. JULIAN HEATH

HOUSEWIVES
LEAGUE

SUPERVISING EDITOR



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Correction: The following correction should be noted in last issue (January)—caption under photographs in Miss Earle's article on pages 25 and 26 should be transposed.

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HEATH
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BARROWS
Managing Editor

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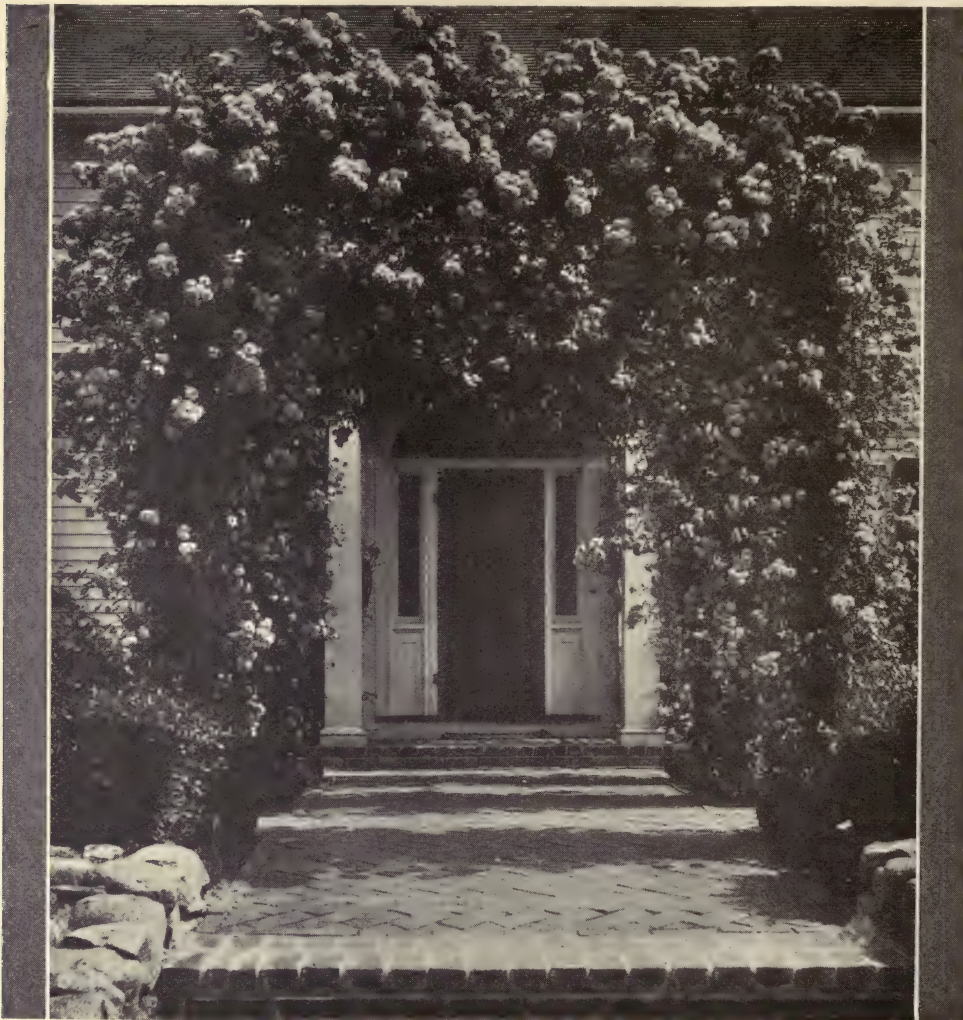
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The Month of June



IT IS THE MONTH OF JUNE.
THE MONTH OF LEAVES AND ROSES,
WHEN PLEASANT SIGHTS SALUTE THE EYES,
AND PLEASANT SCENTS THE NOSES.

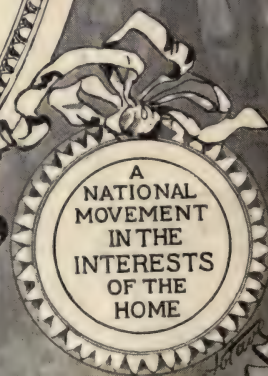
N. P. Willis.

Housewives

OFFICIAL
SUPERVISING
EDITOR
MRS
JULIAN HEATH
OFFICIAL



May the
Year of 1916
Bring
Prosperity
and
Happiness
to
You





GRANDSON OF PRESIDENT WILSON—With his father, Francis Bowes Sayre.

Mrs. Sayre is Honorary Vice-President of the National Housewives League.



Achievements of Our Housewives

Great Victories Won by the National League

By CLARA E. BICKFORD-MILLER

Managing Editor of the Housewives League Magazine

The able article last month by Dr. Miller on the origin and development of the National Housewives League has created wide interest throughout the country. The purpose, method of operation, and its great public service were set forth clearly and impartially by one of America's leading historians and economists.

This month it is a pleasure to present a statement of some of the most notable achievements of the League. It is possible only to sketch a few of the most spectacular victories from the thousands of local, state and national campaigns that have been conducted throughout the country. These notable instances are sufficient, however, to prove the great public service which this organization is performing.



HE Housewives League is only four years old. But it is today one of the most powerful organizations for public good in the entire country. It is impossible to give an account of its achievements. It has conducted hundreds—probably thousands of campaigns for better conditions in the industries that affect the home. Each campaign is a great story in itself. Each local League has a story which usually cannot be described by any word less adequate than thrilling.

The movement began as a conception in the mind of one woman—the conception of the economic power of the housewife.

The development of that conception has led into a labyrinth of unexpected fields. It has led into commerce and industry and politics, and it has been worked out in multitudinous ways according to local conditions. But always



MRS. JULIAN HEATH
President and Founder of Housewives League



MISS EDITH DESHLER
Vice-President of Housewives League

Photographs by Champlain Studios

it has remained the same—the crusade against ignorance and waste—the crusade for the business management of the home.

It was the butter boycott which gave the first impetus to this epoch-making movement. Like all vital things it was bound to grow under any conditions, but what might have taken years under ordinary circumstances was fortunately compressed into a month. The need had come—a week after the idea had been embodied in an organization under the name of the Housewives League butter rose to the neighborhood of sixty cents a pound, a figure higher than had been known for twenty-eight years.

Great Victory in Butter Boycott

THE story of what followed is a part of our national history. The newly organized housewives called for a boycott on butter until the price dropped. The whole country responded to the call. At the end of a week the price began to fall. In twenty-seven days the market at Elgin broke to thirty-two cents, a dispatch from there stating that the slump was due to the consumer's refusal to pay the price. Gratifying as this was, however, it was only a minor result of the boycott.

Its most important outcome was the awakening of the housewife to her power.



MRS. THOMAS A. FULTON
National Secretary of Housewives League



MRS. E. V. S. CHAMBERLAIN
National Treasurer of Housewives League

In her increasingly difficult struggle to make the dollar go around it had not occurred to her that she could help herself by any means save economy. She now saw that the fact of her having that dollar to spend or to withhold as she saw fit made her a dictator. If she could bring down the price of butter by refusing to buy it, she could also bring down the price of other commodities and affect home conditions generally. She could drive impure foods and short weights out of the market. She could, in short, control all the conditions that affect the home.

The opening of woman's eyes was the greatest achievement of the Housewives

League — and all others have flowed from it.

Triumph for the Public Markets

AT the end of the boycott the Housewives League, which had previously been quite unknown to the general public, had become a national movement. The country was ready for the movement. It needed only this impulse to crystallize and give practical direction to forces already at work. The founder, Mrs. Julian Heath, was overwhelmed with calls to organize branches. At the end of a year the movement was represented by branches, individual members, and allied bodies in every State in the Union.

Women Win Throughout United States

As soon as they were organized the Leagues all over the country set to work to find out the cause of the high cost of living and their inquiries brought to light some astonishing facts.

When the New York State Food Investigating Commission reported that from forty to seventy cents of every dollar spent by New York consumers went to middlemen, it did not tell the housewives much that they did not know. Already Long Island women had traced the vegetables for which they paid so dearly past their very doors to Brooklyn and back again to their respective grocers. Staten Island housekeepers had made similar discoveries, and the women of the Connecticut towns had begun to realize that, with rich farms all around them, the high prices they were obliged to pay could not be due to scarcity.

As a remedy for these conditions the League advocated the public retail market and, as a result, in great part, of their agitation, a movement swept the country.

Old markets were remodeled and new ones were built, and personal marketing became the fashion. In some cases these new or remodeled markets more than realized all expectations. The Ithaca market established by the housewives of that city was described by a social-service expert as "the best social service that had ever come to Ithaca." It changed the diet of the poor from dry bread and imitation coffee to meats, fruits and vegetables. It stimulated production in the neighborhood of Ithaca so greatly as to increase the value of farm lands, and it helped Ithaca business by bringing into the city from thirty to sixty farmers a week with money (from their sales at the market) to spend. By lowering the cost of living it is believed that it will be a factor in bringing new industries to the city.

WHILE this market campaign was going on, or rather while it was still at white heat (for it is still going on and will continue to do so, so long as there is a single town in the country that is without a suitable market) the price of eggs went up as high as butter had gone the preceding season. As much as sixty-five cents a dozen was charged for a product alleged to be fresh, but sometimes only approximately justifying the adjective.

The housewives, who were by this time getting to be very familiar with market conditions, knew that in the nature of things not more than five or ten per cent. of these eggs could be fresh, and they were aware also that cold-storage eggs ought not to be more than thirty cents a dozen. Some of them used their knowledge to such good effect that they were always able to buy cold-storage eggs at from thirty to thirty-five cents, but the general public continued to pay the higher prices until December, when the housewives broke the market and brought the price down to twenty-five cents a dozen.

This was accomplished in two days. The women of Chicago and other cities found it necessary to sell eggs themselves, but in New York and Providence the Leagues were able to gain their end by coöperation with the dealers.

The breaking of the egg market in the latter part of 1912 attracted nearly as much attention as the butter boycott at the beginning of the year.

Like the butter boycott, it accomplished much more than the mere lowering of the price of one of the necessities of life. Although unfair prices have often been charged for eggs since, a similar situation arising the very next year, it has never since been possible for any one to count on the patience and ignorance of the consumer of eggs as illimitable.

*A considerable number of American
(Continued on page 82)*

New Year Messages from the States

MESSAGE from BUFFALO, N. Y.—Housewives Greetings



REETINGS of the New Year from the Executive Board of the Buffalo Housewives League! Greetings and felicitations upon the opening of the fifth year of your beneficent work for American housewives! With greetings and felicitations, gratitude from us all for your leadership and guidance along the paths that end in the new American home!

Personally, I want to pay tribute to the Housewives League movement for quickening in me the once latent interest in the economic functions of the housewife; for stimulating me to new endeavor to place my business upon an efficient basis; and for awakening in me

qualities which otherwise would only have lain dormant.

The Housewives League movement has taught me that thrift is not meanness but management.

People often ask us what we get out of it. And I always answer frankly that we make a percentage any man might envy—100% on our investment. And our investment is an immense capital stock of human interest, of desire to accomplish tangible results, of ambition to assume our rightful place in the economic scheme, and above all, of the hope of bettering the condition of “the other woman,” upon whom rests too heavy a burden of this world’s economic pressure.

MRS. ARTHUR S. HURRELL,
Buffalo.

MESSAGE from HALIFAX—Housewives Achievements



HAT the Housewives League has meant to me? It has meant so much to me that I cannot find words to express my gratitude to Mrs. Julian Heath, the founder of the Housewives League. What the League has done for me it is doing for thousands of other women all over this country. Every woman should be a member of the Housewives League.

The League has done and is doing for the women of this country what no other association has done to benefit the home, and after all, home means everything. In benefiting the home, the men and the children are benefited.

Each day there is a lecture or demonstration at the national headquarters, 25 West Forty-fifth Street, where old and young can learn something of vital importance to the home.

I am sure every woman will join me in giving thanks to Mrs. Heath and her associates and wish the Housewives League a Happy and Prosperous New Year.

MRS. F. H. EWALD.



HE Household League, as we call it in Canada, has afforded me an opportunity to come in contact with many women not interested in other public movements. It has meant to this city during the past year the most potent factor for bettering conditions. For the coming year it will continue its campaign of education of public sentiment, its fight against high prices and insanitary conditions, and the development of the idea that housekeeping is a business and should be conducted on a business basis.

What the Household League may mean in the future is limited only by the conceptions of its leaders and the coöperation of its members. In Halifax it bids fair to be an educator of public opinion, a force to awaken civic consciousness, and a channel through which that consciousness may find expression in public service.

ELLA M. MURRAY,
Honorary President Halifax Household League.

MESSAGE from KENTUCKY—Housewives Cause Investigation

THE Housewives League of Louisville, Ky., undertook as its initial work the inspection of the slaughter houses and meat shops. This work led to the exposure of the vile conditions existing in the non-screened and non-sewaged houses and shops, and to the illegal sale of meats exposed to the contaminations of dirt and germs of the streets and gutters.

As a result of this investigation the number of meat inspectors has been increased—and these must now pass a civil

service examination. The street butchers have disappeared and the city Health Department, as instructed by the Mayor at our request, now uses the School Medical Staff to inspect all retail meat shops. Application blanks are used, and only when the inspection card shows that the proper sanitary and hygienic requirements have been complied with is the license issued each year to the applicants.

(MRS. E. H.) ESTELLE B. WEHLE,
*Louisville Housewives League Com-
mittee.*

MESSAGE from MINNESOTA—Housewives Great Victory

ALTHOUGH the first Housewives League in Minnesota is but two years of age, it is recognized—and called on for representation in *all big public* movements.

The Housewives League fills a long felt want not only to the housewife but to the merchants in our cities, for now as Housewives League workers we are able to meet and talk over plans of co-

öperation. In this way difficulties seemingly impossible to settle heretofore are adjusted to the satisfaction of all. The different chairmen have a busy life. Personally I hope our St. Paul Housewives League will decide to work for better Public Markets in 1916—for what we work for we get! Long Live the League.

LUCY S. MACCOURT.
St. Paul, Minn.

MESSAGE from RHODE ISLAND—Housewives Triumph

THE Housewives League has meant to me as an individual a liberal education. I am today a better and more intelligent housekeeper than I was three years ago. I have a better understanding of the government of my city and state and the work of our officials.

To our city the League has meant improved legislation along some lines and an awakened interest on the part of tradespeople and manufacturers in what the consumer wants and has a right to demand.

In return the dealers have asked for a more intelligent interest on the part of the housekeeper in what she buys.

For the ensuing year the work of the League will be of an educational nature for its members. The work of investigation by numerous committees will be carried on at the same time.

For the future I see more efficient housewives, and with more intelligence on their part and fair demands, an increased coöperation on the part of dealers and manufacturers resulting in better conditions surrounding the production, manufacture and handling of food stuffs and household supplies.

MRS. HOWARD K. HILTON,
*President Providence Housewives
League.*

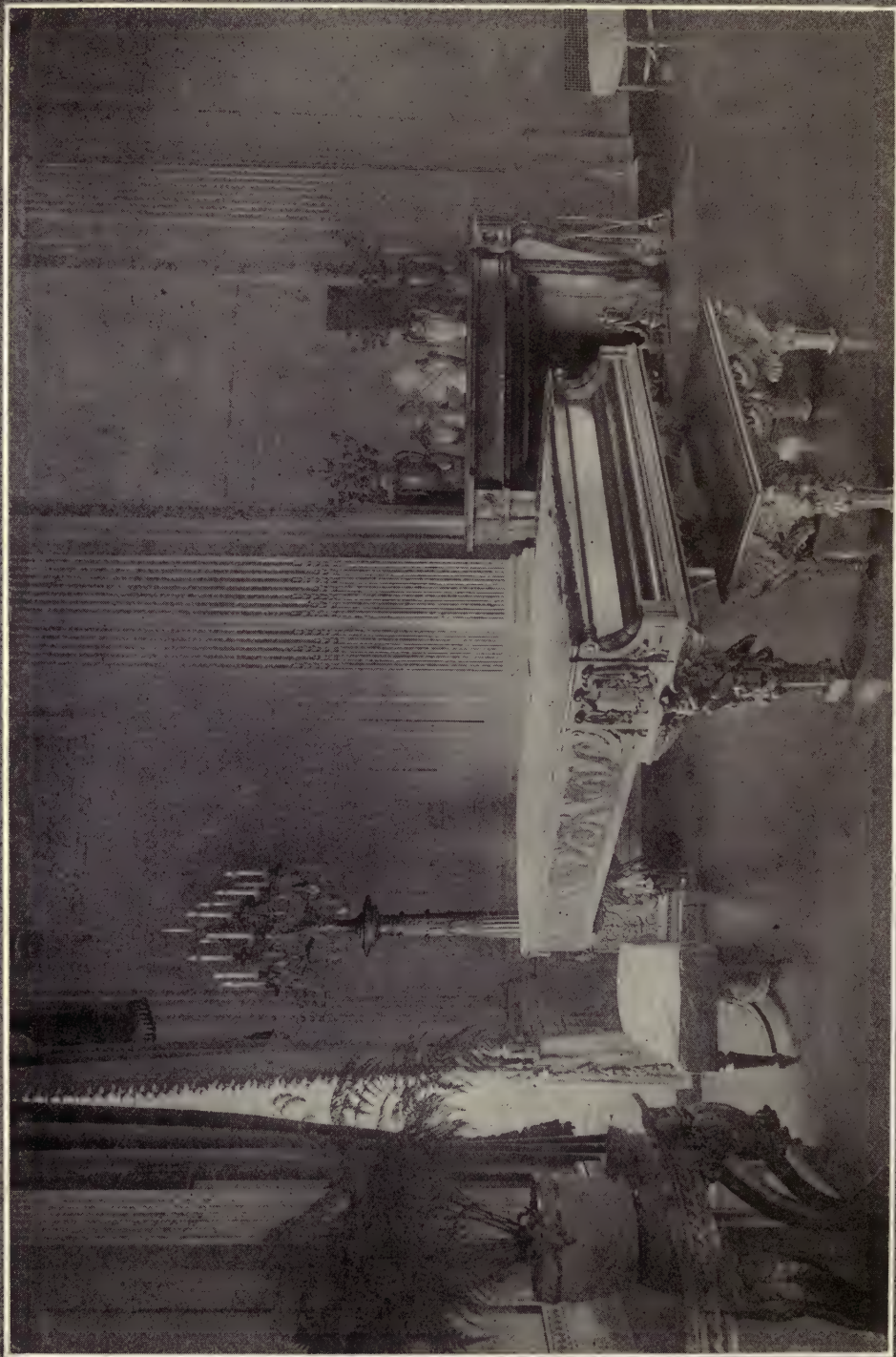
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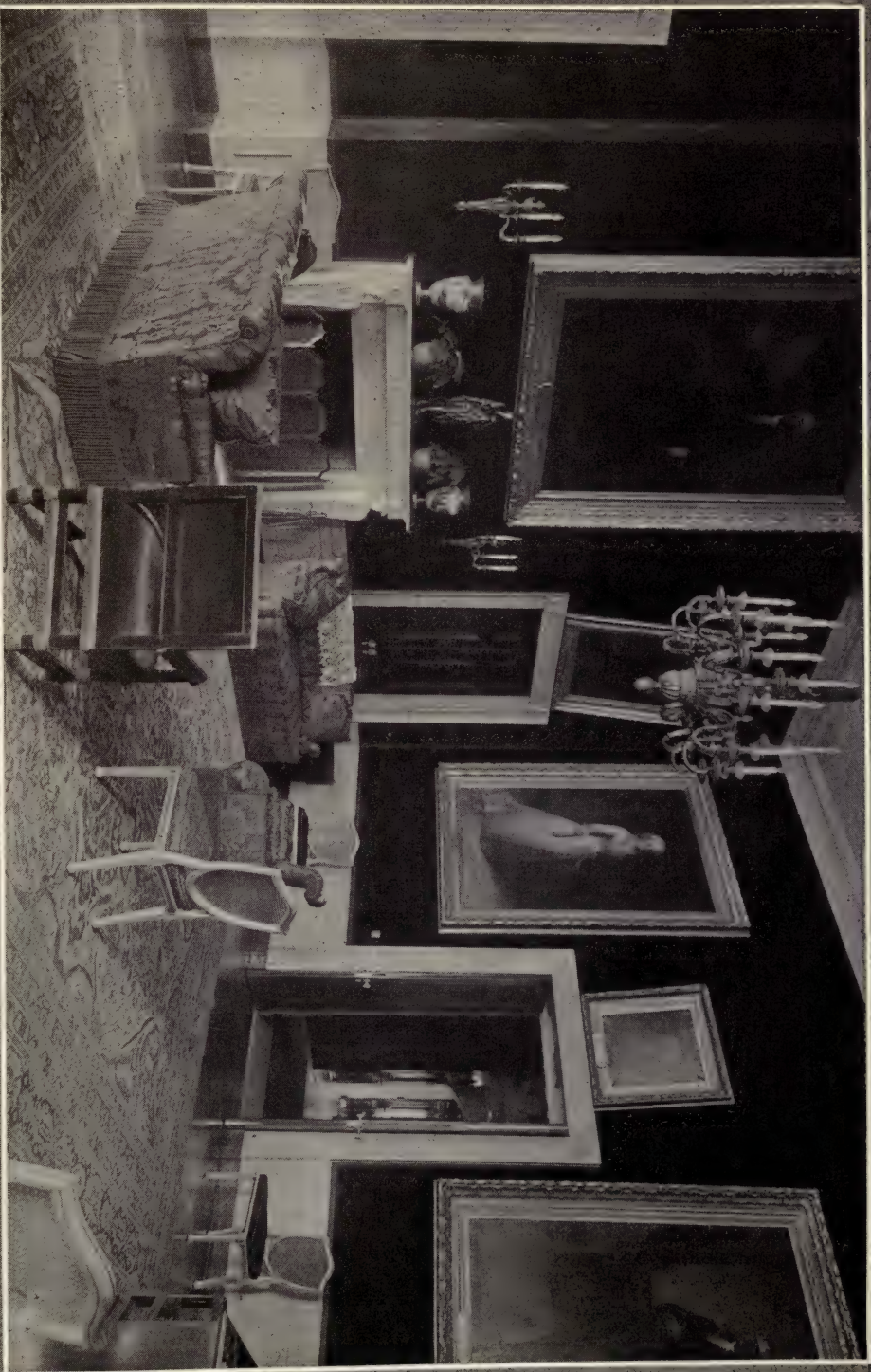
GRANDDAUGHTER OF PRESIDENT WILSON—Hon. William C. McAdoo, wife and baby.

This baby was christened on the wedding day of President Wilson and Mrs. Galt. She bears the name Ellen Wilson, after her grandmother, who was the first Honorary Vice-President of the National Housewives League.

Photograph by Underwood and Underwood—Copyright 1915.



EAST ROOM IN THE WHITE HOUSE—Over which the bride of President Wilson will preside—The piano is of gold.
Photograph by Brown Bros.—Copyright 1915



RED ROOM IN THE WHITE HOUSE.—This is one of the Reception Rooms where the "First Lady of the Land" will entertain.

Photograph by Brown Bros.—Copyright 1915

Why Don't You Beginning an Important

FIRST DEBATE—WHAT SHALL WE DO WITH OUR HUSBANDS

Why don't you go home? This is the first of a series of important articles to appear in The Housewives League Magazine. This discussion should be followed by every woman in every home in America. Governor Whitman of New York and Governor Ferris of Michigan touched upon the Home Problem in the articles in our December issue. But here we shall begin to get down to concrete argument.

What is the trouble in our homes?

What is the solution to this trouble?

The discussion is opened in these pages by Mrs. Vernon Major, a well-known English actress, who resides in America and is a member of the Housewives League. Mrs. Major is a student of home psychology and has thoroughly investigated this subject.

An Anecdote With a Great Moral



YOUNG man finding himself at the noon hour in a certain New England town where there seemed an unusual dearth of restaurants, asked an old resident to direct him to a place where he could obtain luncheon. The old man looked him up and down curiously for a moment. Then, in evident astonishment but perfect good faith, exclaimed: "Why don't you go hum?"

That is the text of this article. "Why don't you go home?"

The answer to this question would be the solution to practically all of our great

social problems. It would answer the divorce problem, the sex problem, the problem of crime and all social evils.

Why don't you go home?

The question itself is an acknowledgment that we do not go home for some of the very things that the home is intended and expected to supply. The acknowledged importance of the home influence in the development and character of the individual is so great that it becomes an imperative duty to lay bare the weaknesses that impair its usefulness.

Perhaps never in the history of our race has the family life been in greater danger of disorganization than at the present time.

The unprecedented rapidity of development experienced during the last century, particularly in the evolution and education of women, has resulted in a certain loss of equilibrium, which makes itself felt possibly more in the home life of the people than in any other condition.

Women's Duty to Preserve the Home

THE modern woman must solve the home problem, for the future of the race depends upon it. Modern scientific invention has properly done much to relieve the present day home-maker of the heavy industrial burdens borne by her predecessors. When spinning, weaving, carpet making, candle making, and a host of other duties made woman's life one of unending toil, there was little time or opportunity for individual self-expression.

Go Home?

Series of Discussions

By MRS. VERNON MAJOR—Academy of Dramatic Arts

To-day, with all the manufacturing processes carried on outside the home, with gas, electricity, telephones, vacuum cleaners, and a thousand other devices to lighten her labor, the housewife has far more time to devote to what is, after all, the essential duty of the wife and mother, the maintenance of the spirit of her home.

Here two questions naturally present themselves. What should the home represent to the family? Does the modern home live up to the requirements?

I think we may concede at once that something more than a good house, providing clean, attractive rooms, healthy and well-cooked food, is included in the idea expressed by the word "Home." These are essentials. It should be the ambition of every housewife to run the machinery of her home with the same degree of economy and effectiveness her husband applies to his store or office. But it is the effect on the family health, efficiency and character of the spirit of the home that is the real test.

Why don't you go home?

The question refuses to settle itself. Is it because your home is uninteresting? Or because it is ill-kept? Or because the housewife is not entertaining? Or is it because the outside world and other people's houses are so much more attractive?

Here Is Woman's Strongest Rival

THE most alarming sign of the decay of the family spirit is the tremendous increase in and the almost universal

adoption of commercialized entertainment. From midday to midnight the streets of every big city are thronged with people hurrying to luncheons, teas, dinners, dances, etc., at hotels, restaurants and cabarets. Within automobile distance of the city, enterprising people, recognizing the popular craving for public entertaining, open up clever and enticing tea houses and tea gardens.

In the small town the Country Club offers itself as a substitute for the neglected home as a place of entertainment.

Everywhere the clean, genuine, hospitable home party is becoming a tradition of the past.

The unnatural craving for the sensational stimulation of public amusement is becoming more and more established.

Why is this harmful? Because it strikes at the very root and foundation of family life, community of interests and experiences centered in the home.

It encourages extravagance.

Clothes that would be in perfect good taste for the home affair are not elaborate enough for the club or hotel dance. There is little room for individuality in the hotel dinner. It is purely a question of dollars and cents. "How much can we pay per head?" Only on this basis can one hostess outdo the other. Many an envious heartache follows the attempt to imitate on a slender purse the social acquaintance who can wield the magic wand of a substantial bank account.



What is the Trouble in Our Homes?

BUT it is the effect on the young girl of this unnatural system that is most to be deplored.

The girl of to-day is the mother of to-morrow.

On the ideals of life she forms at this period will the conduct of her own home be based. The girl who is allowed to spend her evenings in cabarets, dance halls and restaurants until the feverish glamour and excitement become second nature to her is not going to be changed by marriage.

You cannot blame the girl.

Her desire for enjoyment is the legitimate expression of youth. The tide of life surges strongly within her. She longs to know, to see, to feel. If she cannot find satisfaction at home she will go outside for it. Nothing is spared to attract her there.

Music, color, light, laughter, everything her untried nature cries out for, is lavished about her. She is fascinated, intoxicated. What wonder the occasional evening at home, when no attempt is made to be entertaining, is dull and stupid.

You Can Only Blame Yourself

HERE is the very heart of the mother's duty. To see that the social atmosphere of her home is such that the boys and girls will not want to go outside for enjoyment. From the beginning of school life she should encourage them to bring their friends home. In this way she can more carefully watch the influences which are helping mould her children's characters.

Cultivate in the growing mind an appreciation of the home as a social as well as a family center.

The wise mother will be generous in the number of simple home parties she allows her children, and she will teach them to plan their own forms of entertainment. She will show them that true

hospitality and happiness do not depend on the amount of money spent. At the same time she will encourage them to make the most artistic and attractive use of what they have.

The poise, tact and ease of manner gained in this early familiarity with social customs will stand them in good stead during the inevitable "awkward" period of growth.

Mothers Should Provide Social Life

PUBLIC entertainment in itself is not to be regarded as an evil. It has its legitimate place in the scale of social economy. On special occasions, when the hostess feels it necessary to give a larger and more formal affair than is possible in the moderate-sized home, the hotel dance or dinner is the logical solution of her problem.

The after-theater supper; the jolly little luncheon on shopping days, when purchases can be discussed and ideas exchanged; the refreshing cup of tea daintily served at the tea shop after the concert or matinee, may be most enjoyable and entirely harmless little affairs.

It is in the continual craving for excitement, the eternal desire to "go somewhere," that the danger lies. The cause and its remedy are in the hands of the wife and mother.

It is hers to make the atmosphere of the home. She should plan for her evenings as faithfully as she plans for her meals.

Given a congenial circle, not of acquaintances, but of real friends, and a little tact and care, and she has all she needs to offset the lure of the less healthy forms of amusement outside. She must not lack variety of invention.

It is the dull monotony and sameness of home life and surroundings that is chiefly responsible for the thronging of cafes and picture shows, hotels and restaurants, with people who ought to be at home.



What is the Solution to the Problem?

CONSIDER the average dinner table, for instance. In how many thousands of homes the same white cloths, the same little fern, the same dishes, are used over and over again every day in the year, except when others than the family are present.

And yet how simple to keep on hand a few pretty candlesticks, with different color schemes in the shades, to be used to make the table attractive and different for the regular meal. Extra dishes emphasizing the particular color being used can be added to the general stock.

Desserts are as easily made in one color as in another, and these can be made to harmonize with the general idea. In this way the family table can, with a negligible amount of extra care, be made as attractive as the party table.

In the plans for the evening's occupations and amusements the individual needs and tastes of the family must be borne in mind.

Most men have hobbies of some sort. The wise wife plays to her husband's hobby.

In these days of keen competition and business stress, everything depends on the producer's physical and mental efficiency. If congenial and sympathetic companionship and a restful and soothing atmosphere are provided in his home, the tired business man will not leave it.

Too often the reverse is the case. All the trivial annoyances of the day, the inefficiencies of the servants, the deficiencies of the tradespeople, the children's worries, and a thousand others, are carefully preserved to pour into the weary man's ears, a never-ending stream of complaint, till one would wonder that he should go home at all. He does not carry his petty disturbances home to her.

The house is the wife's share of the partnership. She should organize her work and her forces so that when evening comes she can put in the background the unpleasantnesses that may

have occurred during the day, and be able, not only to contribute to her husband's pleasures, but to whole-heartedly share them with him.

There is No Formula for Keeping Husbands at Home

THERE is no wonderful and mysterious formula for successful home-making. The important thing is that the wife should anticipate the evening as a time, not when she can make the members of her family happy, but when she can be happy with them.

There must not be the faintest element of duty in her thought. Duty suggests unwilling work. Nor should the entertainment be burdensome. Elaborate preparation of refreshments is unnecessary. There is no true enjoyment for any one when the hostess is obviously worn out and nervous from the strain.

Bring those friends whom you can entertain simply, with genuine good feeling, to the house often.

Secret—Be More Fascinating Than Your Competitors

A VERY true proverb runs: "To despise an enemy is to court defeat." If you find yourself in competition with the attractions of the restaurant, the cabaret, and other abnormal features of life, study the methods these professional entertainers use, and destroy them with their own powder.

The softly shaded lights, the freedom from care, the genial companionship, music—all these can form part of the home entertainment, and, above all, there is the one great weapon, the all-powerful conqueror, which the wife and mother can use, the magic power of love.

From the heart of the woman who, loving greatly, is herself greatly loved, radiates an atmosphere of gracious charm and perfect understanding, of peace and joy and sympathy, which no outside power can rival and no untoward circumstance can destroy.



COLONIAL DINING ROOM OF SIMPLE CHARM IN HOME OF BOARDMAN ROBINSON, CARTOONIST

How to Furnish Your Home

NEW SERVICE DEPARTMENT IN HOUSEWIVES LEAGUE MAGAZINE

WHAT I want is something different; not a room like everybody's living room"—or parlor, or hall, or bed-room, as the case may be; for so ends pretty nearly every request made of the decorator to-day for advice or assistance in this matter of furnishing the home.

And the desire for a room or a house that shall be "different" is one to be encouraged or discouraged according to the individual idea of wherein that difference shall lie. To be different in our decorative schemes merely for the sake of being different is much like wanting to be clever in anything simply for the sake of being smart; the one folly promotes bad manners and the other bad taste.

For the quest of the eternally new and unique is largely responsible for the lamentable fact that many of our homes are so overcrowded with furniture, ornaments and "novelties" of one kind or another that there is little room left in them for ourselves.

Surely a home should be, above all things else, an honest, and a worthy, self-expression of those who live in it.

Unless you have succeeded in putting your own self into its furnishing, giving your home thereby individual character and charm, it can be little more, in its physical aspect, than a collection of furniture—good, bad, or indifferent, as the latter happens to be. Indeed, the mistakes of the woman who brings into her



ORIGINAL TREATMENT OF OVER-MANTEL WINDOW DECORATION IN HOME OF OTIS SKINNER, ACTOR

Cost of Home Decoration

CONDUCTED BY VIRGINIA EARLE—EMINENT AUTHORITY

home all sorts of furnishings that belie or belittle her better self because she labors under the false notion that a limited purse compels the choice of unworthy things, are far more excusable than the sin of the woman who lazily thinks that by paying a handsome sum to a decorator she can buy a home ready-made.

Does Your Home Reflect Yourself?

ART may create and accomplish a wondrously beautiful house, but art alone cannot make, for family use, a satisfying room. It is not enough that a room shall be attractive in itself, nor yet scrupulously "correct" in style; the vital question is, wherein does it reflect the

home-life? Wherein does your home reflect YOU?

Money will purchase, though it may not insure good taste; but not the wealth of a kingdom could give you a room in your home worth the having unless you are willing to take some of the price out of yourself.

You must put into its making that patient study and loving thought by which alone it can be truly made your very own; "an outward and visible sign," as it were, of your inmost soul. And only when your house is so furnished can it become in the finest and realest sense your home,—making, of course, an exception of any room which belongs exclusively to some other member of the

First Make Your Home Comfortable

family, in the furnishing of which it is your bounden duty to put aside personal tastes and preference and see that it is, in character and color-scheme, as unmistakably his.

Many a splendid house falls just short

room of unusual charm; wholly unsuited to a house of fine pretensions, yet a room which is "good enough" for the most distinguished guest, since it reflects not only the refinement of the hostess, but in every detail the principles of good art.



SIMPLE LIFE OF A BACHELOR—HOSPITABLE LIVING ROOM AND OPEN FIREPLACE

of the mark just because behind its fine furnishings and exquisite detail we have not been made to feel that sure, compelling touch of personality which lifts a room out-of-the-ordinary, be it ever so costly or never so plain.

TAKE, for example, the dining room illustrated on this page. Here is a

Laboring from the start under the handicap of a limited expenditure, the home-maker wisely left her economies for the less important things—furniture and decorations which could at any time be replaced—and spent the bulk of her allowance on the room itself; on a carefully drawn architectural plan which has given her good proportions in well-re-

Money Does Not Make a Real Home

lated wall-spaces and openings, and on such fundamental things as woodwork and walls, paying for the best of paint and finish, the best of workmanship, and the best of lighting fixtures.

Then, with this right foundation on which to build her room, it took far more

itor of high or low degree would never forget.

No argument of economy can shake this plain truth; as surely as a man is known by the company he seeks, a woman writes herself in the furnishings of her home.



FURNISHED HALL IN COUNTRY HOUSE REFLECTING SOLID COMFORT, SIMPLICITY, REPOSE

time, patience and perseverance than money to assemble the various furnishings which, in themselves, would scarcely command a price worth speaking of, yet, taken together in their present setting, and harmoniously related not alone to each other but to the simple, substantial character of the home, give us a room of real distinction; one that a vis-

Few of us have the means to build or remodel our homes after our heart's desire. To most of us it is not even given to buy the many pieces of furniture for which we long; and still, if the heartcry is sincere and persistent, we are sure to find within our grasp acceptable substitutes. What we cannot go out and buy we can oftentimes have a carpenter make,

Good Taste—That is the Secret

as in the case of a simple built-in set of drawers and shelves in lieu of a fine side-board, and in preference to a poor one. What we cannot make we can even sometimes improvise, as the pretty chintz-hung dressing-table, whose covered top and curtains conceal the fact that it is nothing more than a crude board shelf.

The hated living-room table, with its awkward corners, or over-carved legs, may give way to only a straight-line kitchen table, stained to harmonize with the woodwork or other furniture of a room and suitably ornamented with a lamp and books, but, while you may not enthuse over the beauty of such a room, it will certainly not offend the eye.

THE trouble with so many of our homes is that, like Topsy of old, they "just grew," each year adding more or less to a promiscuous assortment of furniture and "fixings" which have little in common with each other and even less in common with the home life. And right there is the root of many evils! For more is required than that the various appointments of a room shall be in artistic accord; there must be a far more subtle, yet obvious, harmony between the character of that room and the interests which center there, if it is to become an effective and suitable setting for the great drama of daily life.



MODEL KITCHEN IN HOME OF MRS. FRANK A. PATTISON IN NEW JERSEY—UNIQUE AND PRACTICAL

Give Your Home Truth and Harmony

Here, there and everywhere we are prone to look for suggestions as to furnishing our homes except in the one place where success is rooted—in the individual requirements of the home itself.

After all, it is much the same with houses as with clothes; the woman who dresses in faultless taste is seldom one who impresses us with the value of her gown, but who does make us feel that gown and wearer belong together; are suited by nature each to the other.

And exactly so with a house; if only by its furnishings we are made to understand the principles of truth and beauty and harmony for which the home itself stands, it is one of which any woman

might well be proud, regardless of its size, or style, or cost. From the furnishing of a mansion to that of the tiniest bungalow it is but a difference of ways and means to one common end; the making of a home whose every room shall reflect in the most suitable and harmonious manner possible the life that is lived in it.

With this working principle once clearly established, the home-maker will not be concerned with what furnishings her neighbors are using, or puzzled over the matter of styles; she will simply endeavor to make at every turn the most *appropriate* choice. Then she will have gone a long, long way toward creating a really beautiful and harmonious home!



DELIGHTFUL BEDROOM IN GOSHEN INN—INEXPENSIVE BUT CHARMING IN ATMOSPHERE



How to Furnish Your Living Room

AN excellent illustration of thus making the furnishing of a room accord with the home life, while at the same time expressing in a highly original way the individual taste of the owner, is to be found on page 25. Here is a living room in a summer home that has truly been built for simple country living, with all of the luxuries that modern man requires of a town house for his physical comfort, but without any of the superfluous frills and furbelows that decorate most summer as well as winter homes and complicate the duties of the housewife.

Not a thing in the room is too good for everyday use; not an unnecessary ornament is here to be dusted and cared for and to be careful of.

All of the decorations, save books and a few pottery bowls and baskets of flowers, have been made an integral part of the walls, which, with their charming painted panels and well-placed lighting fixtures, are complete and satisfying in themselves, and far from crude though unadorned in the sense that we usually use the word.

It may not be the kind of a living room you would want for yourself, for to most of us the pictures and dearly loved treasures of real or sentimental value with which we decorate our homes mean much, even if we do so often *overdo* this matter of decoration, but you will admit that the room is inviting and attractive in form and arrangement of furniture.

Could you see its truly unique yet soft and pleasing color scheme of orange and blue, with a touch of black, against a background of warm gray, you would have to own that it is beautiful; and certainly, while individual to an extreme, we have here:

A room which obeys that first principle of good decoration: the fitness of all things in their place.

What Is Good Taste in a Room?

THE point is, we can go just so far but no further in the attempt to make rooms that are "different," "unusual," "unlike our neighbors"; just so far, to be exact, as the limits of the law of suitability will allow, but the moment you bring into your room some bit of furnishing or decoration which is merely odd or unique or "smart"—to use the modern decorator's favorite term—a thing which is not in keeping with the purpose for which the room was made, or that is out of harmony with the other furnishings, *then you have gone too far*. When, also, we countenance and give precious space to some conspicuous bit of furniture or decoration which has no real meaning in a room, merely because it is costly or pretty, we have overstepped the boundaries of good taste.

A room that is only a mixture of "pretty" things is just about as insipid as a pretty face without character; as a smile that is meaningless but "sweet."

It may attract you for a moment, but not for long. But when a room is full of meaning and character and is beautiful beside—that is the kind of a room that we love and remember and long to go back to. How charming is the little room in the Goshen Inn pictured on page 29! And it is not just a matter of fetching chintz or pleasing furniture; it is because everything in it helps to convey at once the idea of rest and simplicity for which this room stands, that everybody approves it and wants to linger in it. It is because nothing is permitted in it which would disturb its unity of idea that is more than merely attractive; that it carries conviction.

Have you, to-day, the courage to take out of your own bedroom or living room every ornament which has no real meaning, and so no real value?

Every petty, useless thing on the mantel, or bookcase, or tables, or walls, which

(Continued on page 88)

Measurements for Household

Bureau of Standards

By S. W. STRATTON

Department of Commerce



THIS IS ONE WAY THE HOUSEWIFE IS DEFRAUDED BY CLEVERLY DEvised MEASURES
The tallest measure which looks the largest holds the smallest number of potatoes

The message sent to the Housewives League in the December issue of this magazine by Director Stratton of the Bureau of Standards in the Department of Commerce brought the attention of the Housewives throughout the country to the great work being accomplished by

the Government in their behalf. We take pleasure in presenting herewith the results of the investigations recently conducted by the Bureau of Standards on the subject of measurements for the Housewives. These excerpts are from the official records.



HE purpose is (1) to give information as to units, methods, and instruments of measurement useful in household activities; (2) to describe available means of assuring correct quantity in articles bought by weight and measure, and (3) to give other facts

of interest which would awaken an appreciation of the rôle of measurement in daily life.

Measurement in Our Daily Life

HOUSEHOLD measurements suggest many interesting phases. The significance of measurements in our civil-

How to Measure the Goods You Buy



HOW YOU ARE DECEIVED IN BOTTLES—THE LARGEST DOES NOT HOLD THE MOST
These bottles all contain the same amount of liquid but their sizes are misleading

ization and their effect upon everyday life may not be fully appreciated. From the beginning of life measurement is important. The infant should weigh about so much, and the number of pounds is one measure of its condition. Its weight should increase at a normal rate, and here the weight becomes an index of nutrition and good health.

The measure of body temperature is an advance indicator of illness.

Especially in recent scientific studies of childhood is the importance of measurement keenly realized. The response of muscles and nerves—the measure of the so-called time reactions and sense perception—are elements in studying educational methods, especially subnormal cases. It is possible to set certain approximate standards for the normal child and its growth. Measurements are made of the speed, strength, and fatigue of its reactions; of its height, girth, and other dimensions. Muscle measures and strength tests indicate normal growth or the effectiveness of physical training. The ergograph measures endurance, and

the chronograph records perceptions and reaction times. The focusing power of the eyes is measured, and with these measurements the optician can perfect the vision by adapting the measured curvature of glass to the measured defect of vision. The correct measures of the body determine the comfort and effectiveness of clothing.

Measurements of Household Products

IMPROVED precision has slowly evolved from the guesswork of earlier times. For example, terms like the "pinch of salt," "speck of pepper," "handful of rice," "sweeten to taste" (units of vague magnitude) have gradually been replaced by definite amounts specified and measured. A process is uncertain of success unless the effect of all the factors entering into it is known. In factories where food is prepared on a large scale, temperatures are carefully measured or determined automatically, and amounts and times are accurately controlled. These methods, which make for efficiency and economy, are being



You Should Get All That You Pay For

used more and more in the household.

Such measurements as require costly or delicate apparatus cannot yet be expected to be common in the home; and some still think that the measurement of temperature of rooms, of ovens and sirups, and the weighing of purchases, etc., are unimportant.

Scales, thermometers, and a few other simple measuring appliances can be obtained for a small expenditure. This will attempt to show some of the advantages of their use. Measuring instruments for household use which are automatic, or which may easily be operated without special training, are becoming more and more available.

Household Measuring Appliances

A LARGE variety of measuring appliances are used in connection with the household work: A test set of weights and measures for checking purchases and other purposes; meters for measuring the delivery for household use of gas, water, and electricity; special measuring instruments, such as thermometers, hygrometers, barometers, hydrometers, and timepieces, for measuring temperature, moisture, pressure, density, and time; special measures used in cooking.

The efficient management of the modern household is greatly promoted by the careful use of well-selected measuring appliances, and the housewife should be guided in the selection and use of such appliances.

Value of Household Measurements

A PART from the direct use of the results of measurements in the household, they are, when properly made, of educational value. Hazy ideas of process and dimension become clear and definiteness of thought is gained. Opportunities for measurement are a means of education for children which should not be ignored. The habit of thinking in terms of units and definite quantities

cannot fail to increase the efficiency of the individual and the household. The practical measurement of purchases may be made a means of education in appreciating and estimating quantities.

Boys may easily construct rough measuring instruments and devise methods of measurement of such things as air pressure, wind velocity, temperature, etc.

The measurement of areas and volumes of rooms; the heights and weights of individuals; of growth of children, etc.—are all matters which lend themselves to educational uses. In general, it may be said that the educational and other uses of household measurements are almost unlimited and but little realized.

Measurement a Factor in Purchasing

MANY careful housewives scrutinize the *apparent prices* charged for the various commodities and the *quality* of goods delivered. But unless the quantity actually delivered is determined, the *actual cost price* of the commodities is not ascertained.

Dishonest merchants may attract trade by quoting prices lower than the prevailing market price, and then, by delivering amounts short in weight or measure, actually receive either the full market price or even an enhanced price for the commodity.

Not only do such merchants make illegal profits on their goods in this way, but they also attract trade to the detriment of merchants who quote a higher price but deliver full amounts, and whose goods may therefore be even cheaper to the buyer than those of the dishonest competitor.

Elimination of False Measure

WHEN fraudulent short weight or measure is discovered the purchaser should take steps to have the offender punished, even if the loss on the individual purchase is small, since other

Defend Yourself from Short Weight

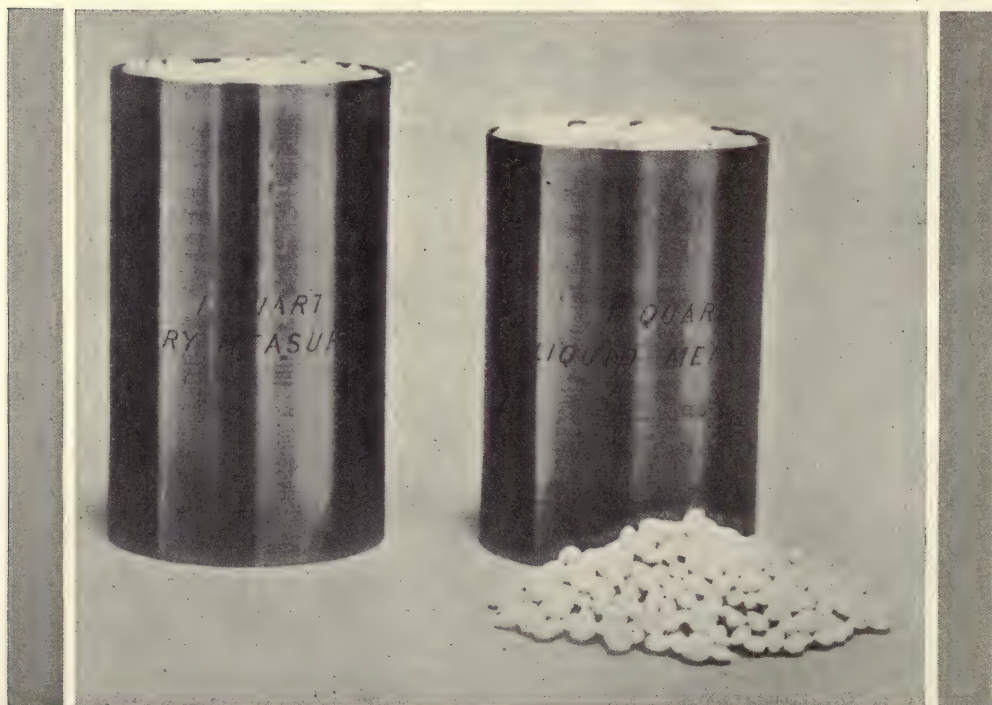
losses from this cause may be important in the aggregate. To fail to do this neglects the right of other purchasers at that store who may not have detected short weight or measure delivered to them, and also the right of the honest merchant to protection, since his trade may be taken away on account of prices in his competitor's store, which are apparently but not actually lower ones.

When any purchaser finds that short weight or measure is being delivered by any tradesman, a complaint should be made to the local sealer or inspector of weights and measures, and details of the imposition given.

It is then the duty of the latter to prevent further fraud by this tradesman. Only by concerted action of purchasers can dishonest practices of this kind be completely checked.

This course might be more often followed were it not for the fact that the average woman objects, and rightly objects, to appearing in the municipal court as complainant or witness in the action. But this is not necessary. The official receiving such a complaint need not take action upon the facts of the particular case or cases presented. Its only effect may be the pointing out of a merchant whose business methods are questionable, and he may then proceed to obtain information and evidence on his own account.

If upon investigation he is unable to gather evidence of fraud, it indicates that the shortages discovered may have been accidental, and not the general rule; but if he does obtain such evidence he may safely proceed on the assumption that the frauds are deliberate ones, and



WHEN A QUART IS NOT A QUART—SEE THE DIFFERENCE BETWEEN DRY AND LIQUID MEASURE



Have You a Set of Weights and Measures

his duty to proceed against the merchant and to remedy conditions by legal action will be clear.

National Net-Content-or-Container Law

CONGRESS recently enacted a law which is a very great aid in the buying of foodstuffs in package form. This law is an amendment to the pure-food act, and is popularly known as the "net-weight amendment."

It requires that foodstuffs in package form must bear a statement showing the net amount of commodity actually contained in the package.

Up to this time, in purchasing food commodities in the original package, the housewife has usually been limited to comparisons of quality and apparent price, which is, of course, the price per package. In comparing two brands of a food in packages of equal size these comparisons were trustworthy. When there was a difference in the size of package, however, economy in buying could not be obtained from a knowledge of these two factors alone. There might be a large difference in price per unit of quantity which would outweigh an apparent difference in price per package, or slight difference in the quality; but with the quantity labeled upon each package the purchaser has all essential facts at hand to compare unit prices.

Thus, we may compare two brands of package goods. Two packages of raisins sell for 10 cents and 12 cents per package, respectively. The purchaser might consider that the 12-cent brand was worth 2 cents (or 20 per cent) more than the 10-cent brand, but upon examination of the labels, however, if it appeared that the former contained 16 ounces and the latter only 12 ounces, he might conclude that the difference in price outweighed the advantages conceded for the higher priced package.

Again, a package of crackers may sell for 10 cents per package and crackers in bulk for 10 cents per pound. The pur-

chaser might consider the package goods more desirable and disregard the weight. Under these conditions the package brand would naturally be selected. But the quantity is now marked on the package. Suppose in the case mentioned above the weight is 10 ounces. The cost per pound of the package goods is therefore 16 cents and of those in bulk 10 cents.

The knowledge thus conveyed, that the brand somewhat better in quality or flavor was 60 per cent higher in price, might entirely outweigh the slight difference in quality and persuade the purchaser that the bulk goods were the better for the purpose. Therefore the careful purchaser should first examine the labels on the packages, observe the net contents, and determine therefrom the price per unit weight. If these precautions are neglected, much of the value of an excellent protective statute will be lost.

Household Weights and Measures

EVERY household should have a set of weights and measures by which purchases may be checked, and short weight or short measure detected. The measuring apparatus should be well made and of sufficient accuracy. Otherwise the measurements will not be reliable enough to warrant making a definite complaint, except in cases of considerable shortage.

If measurements made with apparatus of uncertain reliability show small apparent shortages, suspicion should fall upon the apparatus, not the dealer, until the apparatus has been checked by suitable standards.

In the February issue of The Housewives League Magazine we will give valuable advice from the Bureau of Standards, telling the Housewives what scales to buy and how to buy them.

How One Hundred Year is Saved

STORY OF COTTONSEED OIL



F we had had oil mills during the war the Yankees could never have whipped us."

The speaker was a Confederate veteran, and the above was his excited comment upon the story of the development of the great cottonseed industry of the South.

"You know," he explained, "the Yanks just starved us out, and they could never have done that if we had had oil mills." And the old hero almost wept over neglected opportunities.

The Confederate veteran's estimate of the possibilities of the seed of the cotton plant was not in the least exaggerated.

Increase of \$100,000,000 a Year

PRACTICALLY without monetary value twenty years ago, it now adds to the value of the cotton crop of the South \$100,000,000 a year. Its oil has supplanted to a great extent that of the ancient olive, and the highest authorities tell us that it equals the latter in food value. So hardly, indeed, has it pressed the fabled gift of Minerva to her chosen people, the Greeks, that all olive-growing countries maintain heavy tariffs against it, and some refuse to allow it to cross their borders. The olive-growers of Turkey threatened to cut down their groves if it was allowed access to their markets, and up to 1907 it was admitted to this country only when denatured.

Story of the Cottonseed Unparalleled

THE discovery of Californian gold in 1849 or of the treasures of the Klondike in more recent years was less sensational than the unlocking of the resources of this little brown seed. Its story is without parallel in the records of human industry.

Yet the edibility of the oil stored in



Million Dollars a Nation's Wealth

By MRS. RICHMOND FERMOR

thousands of tiny sacks within the seed of the cotton plant has been known to the human race for ages. Both in the Old and the New World the fibre of the cotton plant has been used from immemorial times, and so, too, in all probability, has cottonseed oil.

It is a well-established fact that the Chinese expressed oil from cottonseed and used it for food and for their cattle two thousand years ago.

In Central Asia they point out to the traveler mills in which, according to tradition, oil was crushed from cottonseed to feed the armies of Alexander the Great when he came up from Macedonia to fight the Tartar emperor, Kenghis Kahn.

Mills of the same sort are used today. They consist of the stump of a tree, or a large block of wood, in which a small cavity is hollowed and in which is put one prong of a forked limb. The other prong is weighted, and the whole thing is held upright by a rope. By the aid of camels, buffaloes, or other animals, harnessed to the weighted end, the contrivance is manipulated in such a manner as to crush the seed to a pulp.

This mass is then placed in shallow vessels in the sun, and the oil as it rises to the surface is skimmed off.

How South Used Oil 100 Years Ago

COMING nearer home, we find an oil mill in London, crushing seed from the West Indies, as early as 1783, while the South had oil mills almost a hundred years ago.

In the statistics of South Carolina published in 1826 it is recorded that Dr. Benjamin Waring, Treasurer of the State and "a great encourager of useful arts," established paper, oil and grist mills at Columbia, S. C., and "expressed a very good oil" from cottonseed. Nothing more is said, and we can only con-



Story of Discovery of Cottonseed Oil

jecture what led the State Treasurer to engage in this industry, or what he did with the oil after he had expressed it.

Another mill was started in Georgia as early as 1832, and no doubt there were others which have not been recorded. It is probable that the product of these mills was used, to some extent at least, as food, as the unrefined oil, when first expressed from fresh seed, has a sweetish, not unpleasant taste.

It soon develops, however, an acrid flavor and other disagreeable qualities, and it was so slightly esteemed that a planter who fed his slaves on cottonseed oil in antebellum days was thought to be a very mean person indeed.

New Method of Refining Improves Oil

ABOUT 1850 a method of refining the oil with caustic soda, or lye, was introduced, probably from France. A company was formed in New Orleans for the utilization of the new process, and the infant industry was just beginning to attract attention when the Civil War broke it up.

After the war it was revived, but it did not gain much commercial attention until about 1880. From that time it continued to grow rapidly, until now there are one thousand mills in the country, crushing five million tons of seed, with a capital of two hundred million dollars. In Georgia alone there are one hundred and forty-five crude oil mills, with four refineries and two plants for making hogless lard.

In the early days of the industry the method of refining was so imperfect that it left the oil with a pronounced flavor and a tendency to develop rank odors in cooking. Most of it therefore went into the soap kettle.

Great efforts were made to introduce it for culinary purposes, but the chief result was to create such a prejudice against the oil that for many years it

was forced to masquerade under other names, becoming olive oil, peanut oil, cocoanut oil, sesame oil, or lard, as occasion seemed to require.

How Competitors Invoked Aid of Law

WHEN through sheer merit it began to make headway against preconceived opinion, its competitors invoked the aid of the law. Heavy tariffs were placed upon it by olive-growing countries. Oleomargarine, of which it is a large constituent, was heavily taxed, and even Southern legislatures passed laws forbidding the use of cotton oil in butter substitutes.

The European tariffs, together with the development of cottonseed and other edible oil industries in the Old World, had the result of reducing the export trade, so that we now export only one-third of our product instead of two-thirds, but the domestic demand has steadily increased.

The first great development in the industry came about 1880, when the Chicago packers discovered that the oil could be used to "extend" their lard. They removed its color by bleaching with fuller's earth, but were unable at first to improve its flavor, and therefore only comparatively small quantities could be mixed with the lard.

About 1887 it was discovered that more lard left Chicago than could possibly have been brought in. A lively Congressional investigation followed, and bills were introduced proposing to tax all lard compounds.

The evidence showed that about forty per cent. of cottonseed oil was being used in the mixture which had sold up to that time as "Refined Lard," or "Pure Refined Family Lard." To remove causes of adverse action by the Government, and to comply with the law of Illinois, the manufacturers then adopted the term "compound lard."

What It Has Done for Domestic Economy

New Process Increases Value of Oil

A SECOND great development came about 1891, when the process of deodorizing was discovered. This improved the oil so greatly that compounds containing only oil, with a little oleo stearin to harden it, became possible.

The oil was still so far from being considered generally edible, however, that much of it was still used for soap, miners' lamps and other industrial purposes.

About 1900 another great forward step was taken. A process was invented whereby the product was freed from the last of its objectionable features, becoming a perfectly pure neutral oil, which sold for what it is, the extract of the humble cottonseed, and competed on equal terms with the fruit of the classic olive.

Bakers were the first to perceive the merits of the new product. Then the hotels took it up, and now it is almost universally used in American homes.

Its appearance just about the time when the problem of the high cost of living reached the acute stage no doubt did much to popularize it with the housewife. The woman who had to economize, looking about for ways in which she could reduce her expenses, more readily abandoned her favorite olive oil than she would have done in days when she had to count her pennies less carefully.

The European war, by raising the price of olive oil and at the same time demoralizing the cotton market—thereby making all public-spirited Americans feel it their duty to use as many of their own cotton products as possible—still further stimulated the demand for cottonseed oil.

Shortly after the outbreak of the war the Department of Agriculture called attention to the merits of the oil and urged the housewife to use it, not only because of its merits, but for the benefit of the Southern cotton-growers, suffering from

the interruption of their normal export trade.

Cotton Oil is Not a Counterfeit

"HITHERTO," said the Department, "there has been a widespread belief that cottonseed oil was used chiefly to counterfeit or imitate olive oil. This has unquestionably resulted in a prejudice which has done much to prevent cottonseed oil from being judged on its own merit.

"As a matter of fact, it is fully as nutritive as olive oil, and, on account of its bland flavor, is actually preferred by many. It lacks, of course, the distinctive olive flavor which many persons, especially the Italians, find desirable, but those who prefer their food less highly seasoned will find cottonseed oil pleasant in French dressing or salads.

"In mayonnaise dressing, where mustard or other condiments are used, the cottonseed oil gives the dressing a rich, creamy taste.

"The oil was formerly objected to because it was rather strongly flavored and dark-colored. Modern processes have removed these objections, and now yield clear, rich oils, free from odor and mild and pleasing in flavor."

The Department pronounced the oil, so far as nutritive value goes, "practically the same as olive," and called attention to the sanitary conditions of its manufacture as compared with those under which olive oil is frequently produced—on individual farms, whose proprietors possess little hygienic knowledge.

The neutral flavor of cottonseed oil does not preclude its use by those who miss the olive flavor, for in the case of many salad dressings this flavor is often obscured by the condiments.

In such cases the neutral cottonseed oil really makes a better foundation. The olive flavor only comes out in simple French dressings, and it is a needless expense to use this oil for dressings containing a variety of condiments.

Development of a Great Home Industry

How to Economize in Use of Oils

WHEN economy is imperative and the taste of olive oil desired, one can be obtained without sacrificing the other by mixing twenty-five per cent. of olive oil with seventy-five per cent. of cottonseed. In the olive-growing countries of Europe large quantities of such mixtures are used.

As a frying medium cottonseed oil is probably unsurpassed, on account of the high temperature to which it can be heated before it begins to decompose.

Butter and other solid fats should, of course, never be used for this purpose, as they decompose at a temperature too low for successful frying. Butter, in addition, contains about thirteen per cent. or more of water, which has to be got rid of with much unpleasant sputtering.

For shortening purposes cottonseed oil is better than lard, while costing about the same, and it is much cheaper than butter.

It will not impart the flavor that fine butter will give, but that kind of butter is now so scarce and expensive that most housewives feel that they cannot afford to use it for cooking.

In addition to its liquid form and that known as compound lard, in which the liquid fat is hardened with beef suet or lard, cottonseed oil is now hardened into a semi-solid fat without the addition of any animal fat by means of a new process, which enables manufacturers to reduce any liquid fat to the solid form. Its value is beginning to be recognized by the medical profession, and an emulsion of cottonseed oil, designed to take the place of cod liver oil, has been placed on the market.

Yet as late as 1879 the Encyclopædia Britannica did not list cottonseed oil as an edible product.

American Oil Superior Quality

AMERICAN cottonseed yields a very superior quality of oil and has heretofore been without a rival in the mar-

kets of the world. Large quantities of Indian seed are crushed in England, but it has not been found possible to refine it so that it can compete with American oil, and in spite of the fact that India is the second largest cotton-growing country in the world and is building up a considerable cottonseed industry of her own, the Department of Commerce believes that American oil may yet win for itself a market among the millions of this ancient land.

Better results have been obtained from Egyptian seed, particularly in Germany, where the proverbial German skill has been applied to the process of refining it, but it has so far been found impossible to produce an oil equal to the best American grades.

The quality of Egyptian cottonseed, moreover, has suffered severely in recent years from the depredations of the pink bollworm, which, besides destroying the cotton, attacks the seed, and is found in it after it arrives at the oil mills.

The one rival of the American product comes from such an unexpected quarter as Turkestan.

The Russian government is lending all possible aid to the development of the industry in this country, and the Department of Commerce believes the competition of Russian oil may eventually become serious for American trade.

Already dealers at Marseilles, which is the center of the edible-oil industry of Europe, recognize the high-grade oil from the Imperial factory at Murgab as "fully equal if not superior to the current American imports."

At the present time American cottonseed oil is used all over the world. It goes to Canada, Mexico and South America.

Turkey, previous to the outbreak of the war, took large quantities of it, using a great part of it to adulterate its native olive oil, and it is used extensively in South Africa, especially by the natives and Asiatics.

WARNING—TO HOUSEWIVES BEWARE *of the* FOODS THAT FAIL

LECTURE ON FOOD ADULTERATION AND MALNUTRITION BASED ON INVESTIGATIONS BY THE HOUSEWIVES LEAGUE

By DAVID J. HICKEY

Staff Member at National Headquarters of Housewives League



WHEN one considers the principal reason why we take food into the body, namely, to provide the nourishment with which to sustain life, it seems strange that we do not pay more attention to the life-sustaining qualities of the food we eat.

One would be led to believe, on observing the way in which we choose our foods, that color and flavor were of prime importance, and that real nutritive value were a minor consideration.

Color and flavor play an important part in influencing our choice of foods, inasmuch as they tend to make food more attractive and palatable and thus exert an effect upon digestion.

But we are in danger of going too far in demanding foods that are attractive and palatable and not laying enough stress upon their nutritive value.

Food Value Lessened by Adulteration

OUR food problem would be much more simple than it is if all foods tasted alike. We should be saved a million and one bothers to which we are at present subjected on account of adulteration, and it would make no difference whether we ate cornflakes or beefsteak all the time, so long as we received our nourishment. But unfortunately for our peace of mind, it does make a difference what our food tastes like, and we cannot get entirely away from the problem of taste.

Every food, to a certain extent, has nutritive value. That is, it had nutritive value originally.

But many times the food has been changed to make it look more attractive, or to lessen the cost of production, and in the process has been deprived of some of its food value.

A case in point is that of candies which have been colored with coal-tar dyes to catch the eye of the gullible purchaser.

Sugar, in itself, is a highly nourishing food, and one of our valuable sources of energy, and pure candy is a food to be highly recommended. But when this amount of sugar is adulterated with foreign substances, which in themselves are not foods, in order to give it bulk and add flavor and color, it no longer has the same proportion of food value.

A portion of the energy to be derived from the sugar is necessarily used in expelling from the body the indigestible, non-assimilable substances used as adulterants.

So much energy is used in throwing off the impure matter that a smaller percentage is left with which to keep the body going. Hence it is that, though we use the sugar originally for its value as a source of energy, we derive little value from it, in the end, owing to its adulterated condition. And hence it is, also, that many people, though they eat plenty and seem well nourished, are, in reality, insufficiently nourished.

The languid, tired feeling from which many people suffer can often be directly traced to the fact that their food is not nourishing them as it should.

Danger Lies in Impure Candy

CHILDREN are particularly in need of warning and education regarding food adulteration, for their stand-by, candy, is perhaps, the most often and most disastrously adulterated of all foods. They eat it in greater quantities than do adults, and they are not so particular about what it is and where they get it, because they do not know the dangers that lie in impure candy.

Guard Against Adulterated Candies

Not very long ago I happened to be passing a grocery store in a country town. In the window display I noticed some strings of licorice. This is a confection that has endeared itself to the heart of every small boy. It is sweet and tasty and economical—one cent will buy enough to last all afternoon. Remembering my boyhood delight in this brand of candy, I became filled with a desire to find out just what were the ingredients it contained. So I purchased a sample and took it back to the laboratory for analysis.

Here I found that my boyhood favorite was made of a small amount of licorice and a considerable portion of glue colored with lamp black.

Food of this sort does not in any way feed the human system. If the licorice were pure, a certain amount of food value could be derived from it, but lamp black is not ordinarily considered valuable as a factor in human diet, and when the licorice is combined with such an utterly useless constituent, the value that might be derived from the candy is lost in getting rid of the valueless material.

Marshmallow bananas are another form of candy popular among children. Marshmallows, when properly made of pure sugar, eggs and gelatine, are undoubtedly valuable as food. But when they are made—as most of those which attract children are—of glue flavored with a coal-tar product, and as little sugar as possible, one can readily understand that they are not valuable food for children.

Such candy becomes a totally useless, inert substance in the body, and must be expelled at the cost of energy derived from other foods and needed for other work.

Beware of Poison in Canned Products

WITHIN the last few years a certain amount of light has been thrown on fancy canned products which has rendered them less desirable. So-

called French peas, colored with copper sulphate, are not considered the delicacies they once were among the knowing.

These products are put up in attractive cans and given a gilt label on which is written a French name in a conspicuous place. The can is made to look like a food good to eat, and it has a foreign appearance which pleases the customer.

But if the purchaser would take the trouble to read further, she would be startled to find that the contents derive their bright, attractive color from copper sulphate, which is a virulent poison, and will, of course, serve to counteract the beneficial quality of the canned food because a great portion of the energy derived from it must be expended in eliminating the poison from the system.

At the headquarters of the National League the other day, a lady brought in a sample of meat which had turned a very peculiar shade of red after it had been cooked. On analysis the meat was found to be colored with saltpetre. This meat had been sold to customers, however, as a fine piece of red, juicy beef.

It is not the staples of life from the adulteration of which we suffer so much as the fussy, extra things which we learn to feel are necessary to existence.

Artificial flavorings for custards and ice-creams furnish material for thriving industries because of the great demand for them.

One would not so far 'underrate the intelligence of the average housewife as to suppose that if she investigated the attractive pudding sauces she uses she would continue to use them.

Artificial Coloring to Be Condemned

THE story is told of the experience of a Sunday school teacher in Massachusetts with a bottle of artificially colored sauce. Wishing to give her class a treat at the end of the year, this teacher invited them to her home one afternoon and served them with ice-cream over

Danger of Artificial Color in Food

which she had poured a liberal amount of pink sauce which had caught her eye at the grocer's.

A short time after the children had eaten the ice-cream queer things began to happen. The children became boisterous and hilarious and failed to conduct themselves as children should. Finally the teacher, becoming alarmed, summoned a physician. The physician, after a puzzled examination of a number of the children, informed the teacher that there was nothing in the world the matter with them except that they were drunk.

The sauce had been composed chiefly of alcohol and a coal-tar dye, and the children's easily affected constitutions showed the results immediately.

Egg Compounds to Be Discouraged

WE have on the market a number of compounds supposed to take the place of eggs.

Some artificial egg compounds so far presume upon the gullibility of the housewife as to make the absurd claim that a package of the egg product, which can be purchased for ten cents, will take the place of several dozen eggs.

The housewife who will set her reasoning powers to work on the proposition never can be fooled by any such statements. Common sense should tell her that for ten cents one cannot expect to purchase the equivalent of a dozen or more eggs. She blindly takes the maker's word for it, and feels that she is feeding her family eggs when, in reality, she is giving them chiefly corn starch colored yellow with a coal-tar dye.

Common sense should come to the rescue when a woman reads, on a package of orangeade powder, the amazing fact that the contents is sufficient to make "one gallon of delicious orangeade."

A moment's thought would convince the most credulous woman that even in the year of greatest plenty one cannot

purchase enough oranges for ten cents to flavor a gallon of water.

Here is another food which fails to feed. While orangeade made from fresh oranges serves a very useful purpose as food, the beverage made of artificial flavoring and coloring injects into the system so much inert, useless matter that the energy derived from other foods must be wasted in throwing it off.

Such labels as "lemon-pie mixture" sound alluring to the housewife, who wants to have a lemon pie without any of the bother of preparing the ingredients. She would not be so delighted with this labor-saving device if she were aware that the "lemon" mixture consists of corn starch and a liberal amount of dye to make it yellow.

Look Out for Artificial Cherries

ONE can hardly enter a drug store nowadays without seeing a dish of ice-cream topped off with a gorgeous red cherry.

Nine out of every ten so-called Maraschino cherries are not such at all, but are imitations.

The Housewives League has been working for years to impress upon the housewife that when she buys an adulterated food it is often her own fault. But, as a rule, women do not blame themselves for a moment when they have been deceived in the food they buy. They take it back to the grocer and hold him responsible, when they have only themselves to blame for not having read the labels carefully.

Every time a foreign, inert substance is taken into the system it wears a little bit on the organs, and after a number of years one begins to "have nerves," and to suffer from intestinal disorders.

When this happens one is quite likely to blame God or his ancestors—everything but himself. And he has only himself to blame.



EVERY GIRL SHOULD KNOW HOW TO SEW—WHY NOT FORM A SEWING CLUB

Good Occupations for Girls

LECTURE ON SEWING

National Headquarters of Housewives League

This article should be read in every home in America. It helps solve the problem: "What Shall We Do with Our Daughters?" It gives valuable suggestions on how to make them self-supporting. It may point out the future of many girls who read it and start them on the road to success.

This magazine is the official repository of the valuable information being given daily by the leading experts on all subjects pertaining to the housewives at the

National Headquarters of the Housewives League. These lectures are sent into the homes throughout the country exclusively through these pages. Our readers secure the full benefit of this valuable instruction—thus making the Housewives League Magazine the most valuable periodical that comes into the home. The advice in a single lecture may save the housewife hundreds of dollars. Read every word of Miss Burtis' lecture and follow her expert advice.



THE GIRL WHO EXPECTS TO BECOME A WIFE MUST KNOW HOW TO COOK—A COOKING CLUB;

Make Girls Self-Supporting

By EDITH M. BURTIS

Fashion Department of Ladies Home Journal



EWING is sometimes mistakenly regarded as drudgery rather than as an accomplishment. But it is an accomplishment—something that must be striven for and learned by dint of hard work.

Of course, there are born sewers, who seem to know just how to go about it without being told, but a great many people attain the accomplishment of sewing only after repeated struggles.

Not every woman can be a good dress-maker, for dressmaking is just as much

a talent as is painting or singing or dancing.

But every woman can, if she desires, learn to do the simple things, such as mending and making her children's play clothes.

The fact that there is an increasing number of women who feel their lack of proficiency in sewing is apparent from the great number of letters which flood the magazine and newspaper offices with questions about sewing. Young married women, especially, feel their need of ability to make things for themselves. They



Suggestions to Young Married Women

have little money and many demands for it. They are anxious to have their children appear well dressed, but find that they must do the sewing themselves. It is then that they begin to realize and to regret their lack of training.

Sewing is decidedly woman's province.

From the most ancient times it has fallen to her lot. To-day it plays a more important part in our lives than ever before, for clothes are becoming an increasingly important item. We judge and are judged by the clothes we wear. They are our card of admission.

To be well dressed we need not wear clothes that are smart or expensive, but they must be neat and suitable. When we are conscious that we are dressed rightly we feel more comfortable and we have more confidence in ourselves than if we know we look "queer," and we are thus enabled to do ourselves justice upon all occasions. The one who scoffs at clothes and the important part they play in making or marring our success does not understand the psychology of clothes.

Warning—Do Not Go Style-Mad!

TO-DAY we are so consumed with the idea of style that we lose track of the first requisites of good dressing. Young girls go style-mad, and many girls believe they are being badly treated if they are not allowed to buy the kind of clothes they think are stylish.

We must conform to style to a certain extent, but in the main our aim should be to wear always the kind of clothes that suit us best. This does not mean, of course, that when five-yard skirts are in style we are to wear two-yard skirts. But it does mean that if the extreme is unbecoming, we are to strike the medium and wear an inconspicuous three-yard skirt.

Style need not be the ultimatum that many people make it. As we progress we shall get farther away from our slavish devotion to style and have the cour-

age to use those which suit our needs. It is hard to imagine, for instance, long skirts ever becoming popular again. They are not sanitary and they are uncomfortable. We lead such active, busy lives nowadays that we are unwilling to be cumbered with uncomfortable clothes just because fashion decrees uncomfortable styles.

You Can Keep in Style Wisely

IT is a comparatively easy matter to keep in style at the present time, because commercial competition has made style possible even to the thinnest pocket-book. One can admire a beautiful gown in an exclusive store at a safe distance and purchase exactly the same design the next week in a side street for one-fourth the price of the original gown. And one can, by learning to sew, create a gown of her own which answers every purpose of the more expensive creation.

"All women are the same under the skin." We all want style, but we must temper our ideas of style with common sense.

This attitude toward dress is an important part of the education of our daughters. It is not always an easy attitude to attain. That is why sewing is an accomplishment. It is truly an achievement to arrive at the state of proficiency and initiative whereby one can dress herself well on little money. And this is not an impossible achievement, for often the best dressed women are found to be those who spend least upon their clothes.

The need for the development of this attitude toward clothes extends to all women, no matter in what class of society they may find themselves.

Woman versus Man—the Problem

THE women who have the same quality of mind as men—and there are many of them, doctors, lawyers, architects—will make more of themselves and will be better satisfied with their



Could You Make Your Own Dresses?

lives if they have received early training in the domestic arts—the things that make one womanly. If a woman has not had developed within her the qualities that make for womanly charm before she enters her chosen profession, she never acquires them afterward, and she feels the lack all through her life. She is neither man nor woman. If we instill into the hearts of our growing girls an appreciation and love of the things that make the home beautiful, then when they take up a profession their work will be richer, more given while, because of the background given them.

The law demands that every girl be taught how to write with the pen. Why is it not worth while to teach her, as well, the use of the domestic implements, needles, the cook book, and the essentials in the home arts?

Is the Housewife Adequately Paid?

MANY of us think that the work of the housewife is not adequately paid for. And it is not, to a certain extent. In the efficiently managed household the housekeeper is paid a regular salary, just as any other business woman is paid. But in some cases this is not practicable, and where it is not, women ought to feel that they are paid in other coin besides money. There is a compensation far greater than that of money—and that is the satisfaction to be derived from doing something well.

Young girls should be taught fully to appreciate that there is nothing like the joy of achievement. And this joy need not depend upon the accomplishment of something big. A girl can take just as much pride in the achievement of a loaf of bread or a pretty shirt waist as from anything more showy. It is entirely an attitude of mind.

If our girls are taught at an early age to understand the value and the joy of achievement their lives will be richer and

happier, whatever pursuit they follow later.

There is a satisfaction which comes from the consciousness of having made the most of one's resources which can hardly be equaled by any other accomplishment. If, to the question:

"Where did you buy your new gown," one can answer:

"Oh, this is just my last year's dress made over," the feeling of pride of accomplishment makes the effort and time involved well worth while.

Concentration Is Secret of Success

IN learning to sew a girl learns many things that will be helpful to her in later life. Perhaps the first lesson, and that most needed by American youth today, is concentration.

The curse of American people to-day is the lack of concentration. We are always looking for quick results, and have no patience to go on with a task unless we can see the end.

Concentration leads to poise, and thus becomes one of the indispensable factors of a girl's equipment. Poise is the girl's safeguard. It makes her the mistress of any situation that may arise. It is the quality that makes her do and say the right thing at the right time.

Sewing also kindles in girls an appreciation for beauty, which in itself will be a source of pleasure throughout her later life. Beauty is something we understand only when we are at peace. It is what the world needs above nearly everything else. We need beauty in everything—in our deportment, in our manners, in our voices, in our dress. And a stimulation in young girls of an appreciation for beauty will prove a lasting benefit not only to themselves but to those with whom they are associated.

Besides the stimulation of these abstract qualities, sewing performs a more concrete service. It helps the girl to appreciate the labor of the other fellow. Dressmakers often are heard to com-



Have You Ability to Support Yourself?

plain that they cannot get the prices they ought for the gowns they make, because women do not appreciate the amount of labor and time which have to be put upon the construction of a gown or a suit.

Girls should be taught how to sew, if for no other reason than that they may be more considerate and appreciative of the work done for them.

The girl who has been taught to sew will know how to shop. If she is accustomed to handling materials she will know whether a certain piece of goods ravels, or is hard to push the needle through, or pulls the wrong way. She has gained knowledge and experience upon which she can base her judgment.

You Must Learn How to Buy

THE Housewives League has been effective in advising women to become better shoppers of foodstuffs and in teaching them to judge of what they are buying. It is just as necessary that women learn to buy intelligently the clothes they wear.

Back of every beautiful article which is produced must be a beautiful thought, and it does not seem too much to assert that every girl has beautiful thoughts which she could put to use if she knew how.

Women are creative, if not in the big things, at least in the little, everyday things that surround them. They have the ideas and often the time in which to work them out, but the link is missing between the idea and the finished product. The link is skill in construction. The women who have learned to couple their original ideas with skill have been able to accomplish great things. Girls all need initiative to help them get their ideas "across"—and this is what skill in construction will give them.

Concentration, poise, appreciation of beauty, consideration for the workers of the world, these are the things a girl needs to enable her to hold her own in

this life and to perform an effective service.

Here is an Occupation for Girls

WE hear a great deal about the creation of American designs. But we are a long way from American designs as yet. We have not the qualities of imagination and artistic skill necessary for the creation of the right kind of designs. But we do have invention. We cannot claim any wonderful, artistic creations, but the shirt waist of to-day is practically an American invention. Its origin can be traced, perhaps, to the English sports, but the modern shirt waist is a glorified edition of the original sport waist. The useful and becoming Middy blouse which has become so popular among school children is an American invention.

The girl who is faced with the problem of choosing a career for herself will do well to consider carefully the possibilities presented by the various activities connected with sewing.

There is a splendid opening for girls in designing. Other occupations open to women are fast becoming overcrowded, but this is a new field and a fascinating one.

This does not apply to the girl who has had a taste of designing in school and thinks this might be an easy way to earn her living. It means the girl who loves creative work for its own sake, and who loves it enough to work willingly at it for several years before she ventures to call herself a designer. It does not mean the girl who goes to school a few months and then thinks she is a designer—for she is not. It takes years to become a designer.

Become Expert and Well Paid

NOT very long ago I had the opportunity of watching a great designer at work. He was making embroideries for Royal families in Europe, and was duplicating certain designs which had

Way in Which You Might Make Money

come down from generation to generation, and must be maintained in exactly the same form in which they originally were made. This man was duplicating the designs from tapestries that were over one hundred years old.

"Who are your helpers — Americans?" I asked.

"Oh, no, American women could never do the work," he answered. "Their fingers are not delicate enough and they do not love the work."

"Why can women on the other side do it so well?" I asked.

"Because they have grown up with it. The skill has been handed down to them, and they take a pride in mastering every detail of it."

"Do you think American girls could ever learn to do it?" I pressed further.

"Not unless their education is greatly changed," he answered. "The American girls are not taught to love what they are doing."

The girl who wishes to become a good designer must love the work for its own sake.

Besides the opening for skillful designers, there are other phases of sewing that present possible means of livelihood for women. Millinery pays well.

The press needs more help from women on the home subjects. Magazines and newspapers are in constant need of women who have made a specialty of the subject of dress. The trashy advice on the subject which one sees published so often would not appear for a minute if there were more women who could supply the right kind of information.

Advertising presents a splendid field for women who can specialize on practical information about clothes.

A sudden misfortune, such as the death of the bread-winner of the family, often forces women out to earn their own living without proper preparation. Many of them turn to sewing as the only available means of gaining a livelihood,

and often they are hard put to it to keep themselves going. If they had received training while children, even though there seemed no need for it at the time, their task would have been much easier

Encourage Young Girls' Ambitions

SO-CALLED sewing lessons as given in many schools pall upon the children because they are not made interesting. This is an age of quick action, and the spirit of it is in the children just as it is in grown-ups. When a child is set to work darning or patching on a piece of calico, of course she does not like sewing. She does not get anywhere with it. It does not seem to her worth while, and she is unhappy and cross all the time she is doing it.

Let the children do something that is concrete, so that when they have labored for a period they may have something to show for it. Give them encouragement, and help them to keep at the task till it is done. It is only in this way that they can feel the joy of achievement. We all like praise and we all need encouragement—and nobody needs these more than children.

If the school sewing lessons are supplemented by home training, a girl will be able to accomplish a great deal more than she can merely with the school training, and will, of course, derive greater benefit from her lessons.

Girls will be more interested in their sewing lessons if they are told something about the manufacture of cloth, about the history of clothes and about prevalent fashions.

And Do Not Neglect the Boys

ASCHOOLBOY was asked what part of his school work he liked best. Without a moment's hesitation he answered:

"I like the manual training best, of course."

"But don't you like to learn about the
(Continued on page 94)

What Every Mother Must Know Valuable Advice by

LECTURE COURSE AT NATIONAL HEADQUARTERS

How to raise your baby into healthy manhood and womanhood. This is the expert advice by an eminent specialist. It is one of the important lectures now being delivered by Dr. Wallin in the course of lectures at the National Headquarters of the Housewives League. This article is of incalculable value to every mother.



E have in the previous lecture gone into the conditions that affect life before birth. We will now discuss the next stage of our human existence.

A child is born, and the next necessity of life is food.

We will first consider the child born with a one hundred per cent. heredity as capital to start in life. Then the fundamental principles in the life of the young of all animals are growth and development. We must so comply with the laws of nature as to cause growth and development. But, of course, if the body is in such a condition that it cannot digest the proper food, what good is it, then, to give the proper food?

The child is put here not through his own wish, and because of this he is entitled to a future, and also it is up to us to do all we can to help him along instead of hindering him. Even if we have seen that his heredity and environment are of the best, there are other necessities of life—growth and development—that we should look out for.

Crisis Comes in First 15 Years

DR. KERLEY says that his health, vigor, power of resistance, happiness, and usefulness as a citizen are determined in no small degree by the na-

ture of his care during the first fifteen years.

The time is fast coming when the employers of men will be obliged to employ only those in perfect health, both mentally and physically.

We may have the proper food, but we must also have the proper assimilation, or else we will not have nutrition. Good nutrition means good health. Good health means well-developed mind and body. Poor nutrition can lead to malnutrition or marasmus.

The causes of poor nutrition are poor food, bad air, and improper rest.

There may be secondary causes as, diseases, tuberculosis, adenoids and tonsils, nasal catarrh, decayed teeth, and nervous worry. It is plain enough that a child properly fed and properly cared for develops into a much healthier and stronger adult.

The best way of furnishing food for the baby is by the mother nursing it, but the ability of the mother, particularly among the well-to-do, to fulfill this important function is surely decreasing.

Dr. Kerley believes that this is not so. At any rate, a large number are obliged to find some other food, and a great many times the fault can be traced to the mother, to either hereditary or environmental causes.

What a Nursing Mother Should Do

TO nurse a child normally the mother should be strong and healthy; have an even, happy temperament, be desirous of nursing her infant and able to devote herself to this special duty. She should be willing to regulate her diet, her exercise and her sleep, according to rules laid down by physicians. These may be

About the Care of Children Eminent Specialist

SECOND OF SERIES By DR. ALFRED C. WALLIN

said to be ideal conditions. Many women, however, who are far from vigorous, may nurse their infants with good result.

One point to remember is that the temperament must be controlled.

Detail affairs in life must not be allowed to hurry anything touching the infant. Periods of rest must be regular, and diet should be such as will keep the body at the highest possible point of normal health. Exercise should be constant and sufficient.

In a certain case the convulsions in a child were controlled by the return to a daily walk of a mother who gave up her habitual exercise because of wearing a tight pair of shoes. Because of this lack of exercise the milk became too concentrated and not enough of water in it, and so caused convulsion; but had she known the cause she might have given the baby a little water and stopped the convulsions.

The milk may be found to contain too much fat or proteid, or both. It is thought that out-of-door exercises are increasing, and so people are healthier. A neurotic mother makes a very bad milk producer.

We need better food and prepared better, due to more knowledge as to the preparing of it.

There is a department of dietetics and food economics in the New York Training School for Teachers, where the students are taught food values, food preparation and food economics. They learn the science of providing for a given amount of money the most nutritious food in its most attractive form. The food and care of the growing girl has also a very important bearing upon her

future ability to perform her duties as a mother.

Doctors should advise the mother how to care for and how to feed the child.

The best ages for mothers to nurse is from 20 to 35 years. Some mothers can nurse for only one month, and I know of cases where they have nursed for two years, and it seemed to be all right, but, of course, was not.

I generally begin to feed some in addition to the breast at ten months, and have the children entirely weaned at eleven or twelve months.

Rules for a Nursing Mother

DIET similar to what the mother was accustomed to before the advent of motherhood should be taken.

There should be one bowel movement a day.

From three to four hours daily should be spent in the open air in exercise which does not fatigue.

At least eight hours out of every twenty-four should be given to sleep.

There should be absolute regularity in nursing.

There should be no worry and no excitement.

The mother should be temperate in all things.

A plain, wholesome food and one easily digested should be adopted. If we want to try to increase the milk we order gruel, corn meal or oat meal gruel, mixed with milk and given warm, or in some cases hot water and maltropon.

One quart of milk per day, eggs, meat, fish, poultry, cereals, green vegetables and stewed fruit is a good basis for selection. Bowels should be looked after. Try to get them to act with proper food

Lecture Course on Care of Babies



IMPROPER NOURISHMENT OF A CHILD

and exercise and as little medicine as possible.

Exercise in the open air, but do not fatigue; have at least eight hours' sleep out of twenty-four. Baby should nurse by the clock, at least no oftener than every two hours, but many doctors are advising every three hours instead. I have had cases that did better on three than on two hours, but some cannot seem to go that long. At night the child should nurse every four hours. As the child gets older we gradually get down to three meals per day.

To see whether the baby is gaining we should weigh it once in ten days.

How You Should Feed the Baby

BABY'S food should contain 3 to 4 per cent. of fat—about 7 per cent. sugar and $1\frac{1}{2}$ per cent. proteid, a little mineral salts and the remainder is water as you all know. When the fat is increased or lessened or mainly the quantity lessened or increased we have trouble. The baby will show signs of not

being satisfied or having digestive disturbances of some kind or other.

We have the Holt milk tester to test the milk. To-day we measure and find out if the proportion is suitable to the case by studying the calories, calories meaning a certain amount of energy equivalent to a certain amount of heat.

A child with a normal digestion and health as a rule will require about forty-five calories to one pound of body weight.

That is, a child weighing 10 pounds requires 450 calories; twenty pounds, 900 calories.

Here Are Dr. Kerley's Formulas

For three to five months age:

Top Milk, 18 ozs. at $27\frac{1}{2}$ Cal.....	495
Sugar Milk, 2 ozs. at 72 Cal.....	144
Lime Water, 4 ozs.	
Water, 16 oz.	

Calories..... 639

For nine to twelve months age:

21 lbs. x 45.....	945
Top Milk, 35 ozs. at $27\frac{1}{2}$	962
Sugar Milk, $2\frac{1}{2}$ oz. at 72.....	180
Lime Water, 6 oz.	
Water to make 56 oz., $12\frac{1}{2}$ oz.	

Calories1142

This is a formula for a healthy child, and not for a sick one. If there is something wrong, you should consult a doctor who knows how to feed a baby right, well or sick.

We use grade A, pasteurized milk, and are particular to keep it on ice.

We are guided by the age of the baby a good bit, but should be guided by the digestive ability. In some cases we should add barley water or oatmeal water, as the case may be.

In a good many of my cases I use the raw milk if I can get good quality and it is made up clean. Some make the whole quantity up in the morning for the day, or some make up each feeding. We should not allow any food between meals; but can give a little cool water.

Give no tea, coffee or beer.

Very few children or adults eat

How to Feed Growing Children

enough fresh vegetables, but eat too much sugar and meats.

Food as a Builder for the Body

THE amount of work an engine can do depends upon the amount of fuel it can utilize. Just so, the amount of work a person can do depends upon the amount of proper food which is supplied to the human engine. The purpose of the food is to supply material for growth, working and repair and regulation of body temperature.

The food products coming in contact with the oxygen causes combustion and produces heat.

Through the evaporation of the skin the body is cooled off, and by the action of the two regulate the body heat.

For growth and repair we need proteids, such as lean meats and eggs and milk, cheese, nuts, chicken, fish, beans and chocolate. For heat and work, carbohydrates and fats, such as fresh vegetables, bread, cocoa, pears and grapes, butter, nuts, cheese, oils, fat meats, cream and eggs.

We do not take time to eat in these busy days. The bolting of food is one of the greatest menaces to health.

Slow mastication is most important to digestion. Also good care of the teeth.

By digestion we mean the food liquefied and so changed in form that it can be absorbed and assimilated. Some of these changes occur in the mouth, some in the stomach, and some in the intestines. The starches have to be changed to sugars, the proteids changed to peptones, the fats have to be emulsified. Mastication and the emulsification are mechanical changes. All the others are chemical changes.

Digestion is aided by saliva, pepsin, hydrochloric acid, pancreatic juice and bile.

So you can see how important it is that the body is in the best of health. Food can be burned so it is a source of



SAME CHILD WHEN PROPERLY NOURISHED

power. The nourishing foodstuffs are dissolved out and then become the blood. The blood, well supplied with this food material, goes to the lungs and there picks up oxygen and carries it to all parts of the body. This circulation of the blood distributes the heat through the body and so regulates the temperature of the body, together with the perspiration. This liquid is given off by the body, and with it a lot of heat, and so the hotter we are the more we perspire and so help to keep the body at 98.4 degrees. The more we use our body the more fuel we need to run it, just as an automobile.

Most of our headaches, fits of the blues and depressed feelings come from the abuse of food.

People with healthy digestions are rarely sick. Overeating generally results in fermentation of food and chemical changes which produce poisons. The body needs a mixed diet to aid the working. Irregular and rapid eating are very bad. The mind, to be healthy and clear,

What Food a Working Man Requires

must have good digestion. Do not try the fads in diet, such as fruit diet, vegetable diet, nut diet and milk diet.

Starchy foods are cheaper, and so the poor are apt to use much of them. Some of the breakfast foods are expensive. Tea and coffee supply no nourishment, but contain caffeine and tannic acid. Ptomaine poison is caused by bad food. Look out for cold storage goods; also canned goods.

We must all be good chewers, and by so doing we can taste the food and mix it with the saliva and gastric juice.

How Much Food an Adult Requires

AN adult requires food enough to produce about 4,000 calories of heat. School children, about 2,000 to 3,500. Of course, a man that is working hard needs more than when he is only exercising a little. Some is used for heat energy and some for work energy, and some to build up the tissues. We must have a certain quality as well as a certain quantity. There must be proteid and salt; also it is quite necessary to have carbohydrates and fats.

Proteids yield 2,000 calories to the pound; fats yield 4,000; carbohydrates yield 2,000. The best proportion of proteid, fat and carbohydrate is known as the "balanced ration."

Proteid	100	parts
Fat	105	"
Carbohydrate	450	"
Salt	35	"

	690	"
Children	4	
	2,760	parts

	690	"
Adults	6	
	4,140	parts

Proteid, 2x4.1.....	8.2	"
Fat, 4x9.3.....	37.2	"
Carbohydrate, 6x4.1.....	24.6	"
	76.0	"

Nutritional disturbances are poor food, bad ventilation, improper rest, improper food.

By improper food we mean insufficient food or poor in quality or poorly cooked, such as frying-pan food, cheap, coarse bread, no butter nor green vegetables; beer, tea, coffee, bologna, crackers, cheap fish, bananas and lack of variety of food to stimulate the appetite or too much of one article. The common faults are not chewing the food properly, overloading the stomach, irregular meals, bad teeth, nervous worry, going to school without breakfast.

Leisure and a cheerful spirit aid digestion while eating. At the best, about ten per cent. of the food fails of digestion.

What Causes Malnutrition

IT was found in two schools here that the malnutrition cases ran as high as 15.3 per cent. It was found in school No. 51 that 200, or 10 per cent. had no lunches. It was also found in 258 families that 60 had no prepared meal at home at noon for the children. In 222 families 157, or 71 per cent., were supplying insufficient food. Of course, the family income is often a factor in these cases.

From 146 families it was found 11 per cent. were receiving a wage of \$25 per week; 33 per cent. \$20 to \$25; 15 per cent. \$15 to \$20; 35 per cent. \$10 to \$15 per week; 10 per cent. \$8 to \$10, and 16 per cent. under \$8. This, together with lack of knowledge of properly selecting and cooking foods, use of beer and other things mentioned heretofore are the causes of lack of nutrition.

In a school population of 23,000 there were found only 131 actually starving.

In an account taken of 12,800 children, 2,900 or 23 per cent. either had no breakfast at all or a very poor one. New York Board of Charities reported that of 10,707 children attending industrial schools,



Valuable Information on Food Values

999 had cocoa or coffee and bread for breakfast, about 17 per cent. only had a suitable breakfast—998 were anaemic due to poor nourishment.

In a few families the poor breakfasts were due to small wages; in more cases because of money not spent for right food. The effects are starvation, malnutrition, marasmus and conditions leading to rickets, scurvy, schlorosis, gout. Extreme care should be taken not to give the child too much candy, cake and pastry.

Facts Every Mother Should Know

POOOR nutrition is easily noticed, because in starvation, the fatty tissues are the first to suffer. A poorly nourished child is usually below weight, thin and pale, with a pinched face. But in connection with these symptoms we must take into consideration the age, height and weight.

The average child grows two inches per year and should gain 5 lbs. per year until 12 1/2 years and then 10 lbs. per year.

Rickets is due to poor feeding and shown by enlarged wrists, anaemic condition, under weight and weakness. It is a peculiar form of malnutrition most common under 2 years of age, caused by bad hygiene, deficiency of fats, proteids and lime and excess of starches. Enlarged head and wrists are the usual symptoms. A rachitic infant is often bow-legged, knock-kneed, with spinal curvature and bulging head. They are more apt to have tuberculosis than other children and many other diseases.

Scurvy is a form of poor nutrition which anyone of any age may have from lack of fresh vegetables and fruits. It is very rare in adults, but one of the late Capt. Scott's men at the South Pole had it in a very severe form.

Eating before retiring should be prohibited, as it is a cause of indigestion and sleeplessness, and of rising late and running hurriedly to school without appetite for proper breakfast.

Attention should be given to dietetic and hygienic measures to look after the condition of the body to keep it in health.

Marasmus is caused by lack of fat or too much sugar. Last year we consumed 48 lbs. of sugar per capita.

The high mortality of children is often caused by mothers being obliged to work out.

Study This Table of Food Values

Food	Cal. as Prot.	Cal. as Fat	Cal. as Carbo-Hyd.	Total Val.
Cheese	553	750	x	1,303
Peas	418	71	982	1,473
Beef	391	232	x	623
Fish	299	16	x	315
Eggs	232	507	x	739
Butter	183	559	x	3,577
Milk	67	168	87	322
Bread	130	21	976	1,128
Potatoes ...	18	9	341	369
Apples	9	x	229	238

A man of average build and weight doing a moderate amount of work should have:

	grammes	ozs.
Proteids	120	3
Carbohydrates	500	18
Fat	50	14
Total calories, 3,007.		

How You Can Starve on White Bread

SOME twenty-million households in the United States spread the table with white bread three times a day, 365 days in the year. Is it any wonder that bread is called the staff of life? Hundreds of thousands of dollars are spent to tell us that our flour is washed, brushed, scoured, screened and sifted, and after all this the outer coat is removed, which is called bran.

After that they remove the shorts, middlings, and tailings, leaving just the white inside, short of $\frac{3}{4}$ of the minerals such as phosphorus, iron, lime, chlorine, silica, sulphur, potassium, and magnesium. Also, one of the ferments in the wheat is removed which helps the body to use the minerals to better advantage. The millers do this because the people wish it done.

These minerals are absorbed by the

Scientific Food Diet by Dr. Wallin

blood and the blood must have them or else we die.

By taking out these organic mineral salts we are reducing our national vitality.

Some say because this bran contains silica that it contains "Ground Glass." Wheat is not the only food that they are denaturing, but wheat being the one most used, it is up to us to see what can be done to stop it.

Normal lungs give an acid reaction and it is found to be phosphoric acid which is in the lecithin in the tissues. In tuberculosis the reaction is neutral or alkaline, due to absence of the phosphoric acid. In cases of tuberculosis we have a deposit of lime which gives what they call chalky lung. It would be impossible for this lime to be deposited there if the normal amount of phosphoric acid was there, yet we eat strawberries, raspberries and figs, seeds and all.

We eat corn on the cob, beans or peas. We eat the bran here and do not think of it. The bran not only furnishes the minerals to the body but it helps to regulate the peristaltic action. White bread has helped to cause constipation.

Whole wheat bread is necessary to make good blood in order that the mother may be able to supply the potash, iron, phosphate, sulphur, silica, chlorine to the teething baby.

Lecithin is a phosphoric compound of the body. Nuclein is also a compound of phosphoric acid of the same importance. It varies as to the health of a person from 2.5 per cent. to 9.5 per cent. This nuclein is found in the blood. If you decrease the phosphoric acid you increase the lime salts. By keeping plenty of phosphoric acid in the blood we keep out tuberculosis. The lack of phosphorus in the blood is due to insufficient supply of phosphorus in the food.

There are hundreds of thousands of bushels of wheat "milled" each year in the United States; also hundreds of thousands of bags of rice polished each

year in the United States, and tons of barley "pearled" each year in the United States. Also, large quantity of oats "prepared." There are thousands of barrels of corn from which the phosphorus has been removed. The bone is generally found healthy when the normal amount of calcium phosphate is present. Remember $\frac{3}{4}$ of these substances are removed from our daily bread.

Expert Advice on Common Foods

LET us consider rice. Polished rice causes Beri-Beri. Chickens fed on it will die, while those fed on the natural rice will thrive. China and Japan have stopped the use of polished rice in their army. Man must have a certain amount of this organic phosphorus as he is unable to make his own from the inorganic phosphorus. An adult must have at least 2 grams per day of organic phosphorus.

The instinct of man is supposed to guide us in selecting our food; but our intelligence misleads us sometimes.

We must curtail our waste of food products in the home, on the farm and in the transit for every pound of food is needed as fully one-half of the people go hungry.

The body cannot make blood without the proper food to make it.

Cows fed on denatured waste product, such as cotton seed, brewers grain, etc., cannot supply good milk; also, they are subject to tuberculosis. It is stated that nearly one-half of the cows of New York and New Jersey have it. The milk comes from the flesh; so if the flesh is not healthy the milk cannot be. The cow's milk must have a certain amount of phosphoric acid in it. The quantity of iron in milk varies, and by so doing can make the milk good or bad.

In 1910 there were 19,000 children who died in New York City under two years.

Let me give you this final advice: Learn food values and then follow your intelligence. It will reduce the cost of your living. It may even save your own life and the lives of your family.



MODERN BARN WHERE EVERY SCIENTIFIC METHOD IS USED TO SECURE PURE MILK

The Milk You Drink—and Your Health

LECTURE AT NATIONAL HEADQUARTERS OF HOUSEWIVES LEAGUE

By DR. L. M. STECKLE



HE bottle of milk which is left at your door each morning is not so simple as it looks. A long chain of events leads up to its delivery at the door, and if the housewife is to judge intelligently of the milk she is giving her family, she needs to understand some of the things which happen to it before it reaches her.

Milk Problem Complex To-day

THE milk problem becomes more and more complex as time goes on. In the days when we could take a stroll over to the neighboring farm and see for ourselves the conditions under which our milk was produced there was no such thing as the milk problem.

But now distances are too great and the milk passes through too many hands to enable us to keep close watch of it, and we must content ourselves with leaving the matter to those whose business it is to watch the various agencies through which it passes. City and state milk inspectors are appointed to do this for us.

To gain an idea of the enormous quantity of milk consumed in this country it is only necessary to realize that the people in New York City alone consume over two million quarts of milk a day.

This milk comes from three hundred and fifty thousand cows, which are scattered over more than forty thousand farms in six states, and is shipped a distance of from fifty to four hundred and fifty miles. It is no easy matter for the supervisor of the milk from these forty thousand farms to perform this task. The farmer is notoriously conservative. He becomes used to his own methods and cares little for new-fangled ideas which the city-bred inspector brings to him.

Clean Handling of Milk a Necessity

FOR many years the farmer could not, and would not, understand that the condition of his farm and the health of his family had anything to do with the quality of his milk.

He did not stop to think that when he milked his cows with dirty hands and wore the same clothes in which he

Impure Milk a Menace to Your Health

worked around the farm all day, he was causing his milk to be unsanitary and unfit to drink.

It was hard to convince him that such apparently unrelated details as clean hands, sterilized pails, and milkmen in clean white suits were factors in keeping his milk pure.

Before the custom of supervising milk came into practice the dealers were usually quite as careless as the farmer, and by the time the milk had passed down the line from one careless hand to another it was often in a sorry plight.

To remedy this state of affairs, milk inspectors were called into existence, and now nearly every city has a system of inspecting the milk which is delivered to it.

The inspection started with only adulterated milk, but as the public became more interested in hygiene and sanita-

tion, more complete supervision was demanded, until now it extends over the whole process, from the cow to the final delivery.

In order to aid the New York farmer in living up to the requirements for the production of the right kind of milk, the Board of Health of New York City supplies a set of rules to be kept in the barn for the farmer's guidance.

How Dust and Germs Can Be Avoided

PROGRESSIVE farmers, nowadays, are making use of mechanical milking machines which draw the milk into closed containers, and thus avoid exposing it to dust and germs. This is also a great time saver, as one man can operate a number of these machines.

The most satisfactory milk for the housewife to use comes from Holstein cows.



WHERE NATURE PRODUCES THE PUREST MILK—SUNLIT PASTURES AND WELL-KEPT COWS

Demand That Your Milk Be Sanitary

This milk is not the richest in quality, but the Holstein cow is the strongest animal, and for this reason is less liable to contract disease than other cows, and the milk is therefore safer to buy.

Although the housewife cannot inspect the conditions under which milk is produced, she can observe the manner in which it is sold.

The milk stores need to be watched carefully, for here the milk, even though produced under the most sanitary conditions, can become contaminated. Milk stores are becoming more sanitary as time goes on, but there is room for improvement in many of them.

The stores which are connected with living rooms in the rear are to be avoided by the careful housewife. Often they are not kept up to the standard of sanitation, and conditions of disease are not always reported and curbed as they should be.

Pasteurized Milk Insures Safety

IF milk cannot be guaranteed to have been produced under sanitary conditions and to have come from thoroughly healthy cows, it should be pasteurized. In order to insure its safety, all milk sold in New York City is pasteurized, except the so-called grade "A"—guaranteed and certified milk. The pasteurization of milk does not in any way diminish its nourishment. It merely eliminates the possibility of contracting disease from it. Boiling milk makes it less digestible, as it caramelizes the sugar and toughens the albumen, but the housewife need have no fear that she is making the milk less desirable in any way when she has it sterilized.

The matter of keeping milk sweet and pure depends entirely upon the care with which it is handled from the time it is milked to the time it is served on the table.

It must be handled very carefully after it is received, or all the care which has been expended upon it in production



OLD-FASHIONED DISEASE-BREEDING BARN

will be wasted. It spoils easily and must be kept cold. It absorbs odors and flavors, and must, therefore, be kept covered and away from strongly flavored foods, such as fish.

Most people prefer the bottled milk to that which is sold in bulk, for it is much easier to keep it clean in bottles. The old-fashioned milk pan is rapidly becoming little more than a memory.

Sanitary Conditions Preserve Milk

THE best proof which we have had of the importance of handling milk in a sanitary manner occurred at the time of the Paris Exposition. At that time a bottle of pure milk was sent over from this country to be judged among other samples of milk in the exposition. The gold medal was very nearly lost because it was hard to convince the judges that the sample had not been doctored to preserve it.

United States authorities had to send a special message, assuring the judges

How the Board of Health Protects You

that the milk had been produced under absolutely sanitary conditions, iced immediately, and kept at a cold temperature throughout its handling, which accounted for its perfect preservation.

If all our milk could be handled under these perfect conditions we would never have any spoiled milk. In New York City a system of grading milk has been found productive of good results.

The Board of Health sends inspectors to the farms where milk is produced, who carefully note both the quality of the milk and the conditions under which it is sent to market.

If the milk is found to be free from all danger of tuberculosis and is produced under strictly sanitary conditions it is placed in the grade "A" class. Sometimes the milk is known to be free from disease germs, but the inspector

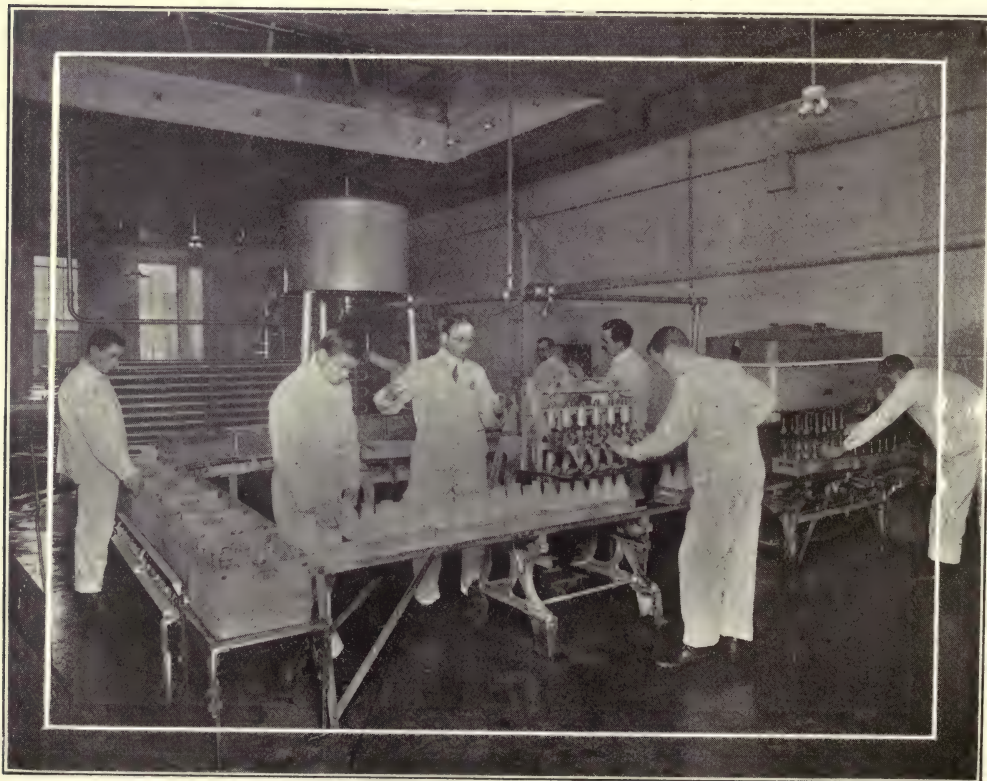
cannot vouch for the perfect conditions under which it is handled. In this case he insists that the milk be pasteurized before grading it "A."

Why There Are Different Grades of Milk

IF the milk inspector cannot guarantee the milk to be free from danger of tuberculosis and to have been handled in a sanitary manner, as grade "A," he requires that it be pasteurized, and he then grades it in class "B."

A third grade of milk, called "C," is produced under less stringent sanitary methods than the above grades, and hence is recommended only for cooking.

Milk is one of the most nourishing of foods, a glassful of milk being equal in food value to two eggs or two potatoes or two slices of bread.



SCIENTIFIC WAY OF BOTTLING MILK—SANITATION FROM PRODUCER TO CONSUMER

What We Owe to the Grocer and to the Producer

A FEW WORDS OF GOOD ADVICE

By FRANK B. CONNOLLY

President of the National Association of Retail Grocers

What about our grocers; what about our producers—what should be the relation between the Housewives and the merchants? Absolute coöperation! Every housewife should join hands with the retailer and the producer to help him make a fair profit on honest goods. Here are a few words by President Connolly advising delegates to the American Specialty Manufacturers' Convention to work closer with the retailer.



S president of the National Association of Retail Grocers of the United States, I extend greetings and best wishes from the membership of our association and hope that the spirit of coöperation generated here will be of lasting benefit to all who are engaged in the manufacture and distribution of merchandise.

Manufacturers of food products and the manufacturers of other specialties distributed through the hands of the retail grocer, must by this time realize there is a real necessity for a continuity of interest in products until they reach the ultimate consumer.

Aside from the original process of manufacture, and the perfection of the finished product, the most important branch of business is the sales department—upon which depends not only the perpetuation of the popularity of the product itself, but the increase of sales which you naturally expect in your great desire to reach that goal to which you strive—a place among the great manufacturing institutions of this country.

You realize your sales department has two problems to face:

To satisfy the consumer and increase the consumption.

And last but not least—to maintain a contented distributor in the retailer, who

is nearest to the consumer and whose influence with the latter, if properly directed, is a great factor in the increase of sales.

If you enjoy the full confidence of the retailers—if a satisfactory margin of profit is assured us, sufficient to more than cover the cost of operation—then a state of contentment exists and there is no spirit of unrest, no desire to assist in the introduction of the many substitutes being constantly offered to the trade.

Your sales department must keep in close touch with the activities of the retailers, who being closer to the consumer, can, if they so desire, neutralize a large percentage of your consumer advertising by personal salesmanship.

The Retailer Must Have a Fair Profit

WHAT you want and should have is the real, close coöperation of the retailer, and this is how you can get it. Assure us a fair margin of profit in the distribution of your goods, sufficient to more than cover the cost of doing business.

The manufacturers are directly interested in the success of the retail trade, and there should be more manufacturers who take a deep interest in the future of the retailer and assist in every possible way.

We retailers are beginning to realize the days of competition of price are fast waning and that quality and service are becoming greater factors in the field of merchandising. Quality is remembered long after the price is forgotten, and the strict enforcement of the food laws and the weights and measures laws are assisting largely to bring this about.

Each day the consuming public realizes more and more that price is a secondary consideration, when quality is considered.

Housewives—Co-operate With Merchants

We are more careful of the things we eat than ever before, and even the poorer classes have realized this. The competition of service is fast displacing the question of price, for we are constantly observing the consumer purchasing package goods at a greater price than the same quality can be purchased for in bulk, simply because of the convenience.

The retail grocer of to-day who offers prompt delivery service, more efficient and intelligent clerks and the more convenient method of a limited and reasonable credit allowance, enjoys a trade that can always be retained.

Our National Association of Retail Grocers of the United States have affiliating state associations in thirty-five states, the aggregate membership of these numbering fifty thousand dealers. When we adopt a resolution or a policy, I believe it is then time for a manufacturer to sit up and take notice.

Co-operation Reduces Cost to Consumer

THE great work our organization has undertaken to educate the retailer toward the betterment of the trade is of the utmost importance to you manufacturers because we are engaged in making the retailer a better merchant, who then serves the manufacturer, the jobber and the consumer with greater efficiency.

The part of our work that educates the retailer to observe the cost of doing business and to include it in the cost of his goods, is of great value to him.

Competition names the retail selling price for the average retailer.

He virtually has no control whatever over the percentage of profit he should make, and it is only through coöperative effort, through our associations, local, state and national, that we can bring about a proper understanding between the retailer and manufacturer whose products we distribute and who understands the price the consumer should pay for them.

For the benefit of manufacturers, I

wish to emphasize the fact that no article selling at retail for ten cents should cost the retailer more than ninety cents a dozen. A twelve and one-half cent article should not cost more than \$1.10 and a fifteen cent article not more than \$1.35. A twenty-five cent seller should not cost more than \$2.25. This will allow us a profit of twenty-five per cent on the selling price, a small margin over the cost of doing business.

I have in mind an average sized retail grocery store in San Francisco, California, that does a business of \$5,000 a month. The monthly operating expenses of this business averages \$850, which, when divided by the sales, give seventeen per cent. as the cost of doing business.

It is a well-known fact that sixty per cent of the goods sold by the retail grocer to-day are sold at a loss when the cost of doing business is added to the cost of the goods.

I herewith quote the cost and selling price and percentage of profit of the articles properly based on the selling price, that constituted a large part of the sales of the above mentioned store.

Look at This List of Small Profits

Sugar was selling at 15 lbs. for.. \$1.00
Cost \$6.25 a hundred..... .93

Profit.... .06¼, or 6¼ per cent.
Carnation Milk sells 85c. a doz. \$3.40 a case
Costs 3.20

Profit..... .20, or 5 per cent.
Eagle condensed milk sells at
15c. a can..... \$7.20 a case
Costs 6.50

Profit... .70, or 9 13-18 per cent.
Grape Nuts sell at 12½c. or... \$1.50 a doz.
Costs 1.35

Profit..... .15, or 10 per cent.
Horlick's malted milk, 1ge.,
sells \$3.00..... \$36.00 a doz.
Costs 32.08

Profit.. \$3.92, or 10 8-9 per cent.
Fancy ranch eggs sell..... \$.65 a doz.
Cost57½



Producer is Consumer's Best Friend

Profit... .07½, or 11 7-13 per cent.
Snider's Oyster Cocktail Sauce
sells for 25c..... \$3.00 a doz.
Costs 2.65

Profit.... .35, or 11 2-3 per cent.
Crisco, small, sells for..... \$.25 a can.
Costs21½

Profit . .03½, or 12½ per cent.
Liebig's Extract of Beef sells
for 40c..... \$4.80
Costs 4.15

Profit... .65, or 13 13-24 per cent.
Best Family Flour sells 49 lb.
sack \$1.75
Costs 1.50

Profit.... .25 or 14 2-7 per cent.
Fels Naphtha sells for..... \$5.00 case 100
Costs 4.25

Profit..... .75, or 15 per cent.
Creamery Butter was selling.. \$.75 2 lb. sq.
Costs63

Profit..... .12, or 16 per cent.

It can easily be seen why Bradstreet's report has shown that 75 per cent. of the retail grocers are failures within a period of fifteen years—20 per cent. eke out an existence and 5 per cent. make money.

Be Fair—Help Your Home Merchants

I CALL attention to this condition for the purpose of bringing more forcibly before you the real necessity of a closer coöperation between the manufacturer, the jobber and the retailer.

The great mail order institutions that are driving out of existence the country merchant—the very foundation of our rural communities—are not entitled to consideration at your hands. You can never expect them to extend to you their coöperation.

The best that these great octopuses will offer you is to transform you into a contractor bidding for the privilege, if you please, of packing their private brands at their own figures. They eventually become manufacturers and thoroughly entrenched with their private brands, made popular by the quality of the goods you

have packed for them, they eventually eliminate you entirely from their field.

They are not your friends and are not entitled to consideration at your hands, nor will the business they now offer you be of any value to you in the near future.

Now a word for the jobber. We retailers as an organization, firmly believe in the necessity of the jobber as the most economical and most convenient channel through which we may receive your goods, but there must be no preferred buyers on the jobbers list—big retailers for whom the jobbers buy at cost, receiving a small brokerage as compensation.

Again, a jobber must do a strictly jobbing business if the manufacturer is to recognize him as such. Recently a small jobbing house in a country town also maintained a retail department from which the farmers could purchase small quantities of goods, and was forced to discontinue that department, because three prominent manufacturers threatened to refuse the jobbers discount if the retail department continued. It was at our protest that this action was taken and manufacturers should demand that a jobbing house sell only at wholesale, if they are to get the jobbers' discount.

If the jobbers are unable to control the situation, and the great chain systems that are constantly endeavoring to buy direct gain control, the retailers are justified in combining for self-protection and to perpetuate their very existence. The manufacturing jobber is your competitor.

Give the Retailer What is Due Him

IN conclusion, let me again impress upon you the absolute necessity of your close coöperation with the retailer for a fair margin of profit. We are entitled to at least the cost of doing business in the distribution of your products, a considerable portion of which we are selling at a loss.

Assist us in the great work we have undertaken for the education of the retailer, and lasting benefits to each factor of the trade will accrue.

MESSAGE *from* MICHIGAN—Housewives Possibilities

(Continued from page 16)



REALLY think that the work of the Housewives League aroused more interest and enthusiasm among the men than among the women in Detroit. The men were keen to see the wonderful possibilities of this League of Housewives.

One can not say what the actual results of the work of any organization have been in a given time; one can only contrast conditions now and then. Up to the time that the Housewives League was organized in Detroit in 1912 very little was heard in regard to the covering of articles of food exposed for sale—glass covered counters in meat shops were practically unknown, now it is unusual to find a shop that is not so supplied. Up to that time, deceptive advertising of food products was unchecked. Now it is carefully censored and seldom appears. Formerly our weights and measures were governed by the honesty of the dealer. Now a standard is being maintained.

A few years ago in buying fruit in our market the slogan "Caveat emptor" seemed to prevail and pink netting covered a number of "peachy sins." Now the housewife understands that there is a state law which protects her in buying what is deceptively offered for sale.

Formerly one often heard the housewife sigh for the address of a farmer from whom she could get butter, eggs and chicken. Now she has only to ask her postman for the "Parcel Post List of Producers" and dozens of farmer's addresses will be furnished to her. A few years ago women food inspectors were unknown. Now their work is considered indispensable.

The movement has been inspired by the pioneer workers of the Housewives League, and while the League may not receive the credit for starting these movements, our compensation is complete in the knowledge that our work and efforts have laid the foundation for a generation of "Better Homes." •

EDITH W. DUNK, *Detroit.*

MESSAGE *from* NEW JERSEY—Housewives Loyalty



TAKE pleasure in telling briefly some of my reactions to the Housewives League idea. In April, 1914, I bought a copy of the first number of the HOUSEWIVES LEAGUE MAGAZINE.

It was a warm spring day and house-keeping and home keeping seemed more burdensome and less worth while than usual.

But the recognition of the value of home making as the most important business of the world, the knowledge that absolutely every other activity of human beings had for its end the construction and maintenance of homes, the fact that the heads of our constructive and important bureaus in Washington welcomed an opportunity through this magazine to

reach the individuals for whose protection and benefit they were organized, gave me an appreciation of the importance and the real dignity of my own particular "business of being a woman, a mother and a housewife."

This *elan* has never left me. When citizens of a place feel their responsibility and a real interest in their village or city, it goes without saying that the community benefits.

For the coming year we are planning only a continuation of our activities; there are many interesting by-paths and side issues to take up. "What can it mean in the future?" A better world to live in.

ANNA V. W. TODD,
*Housewives League of Milburn
Township.*



MESSAGE from OHIO—Housewives Opportunities



HE women members of the Greater Dayton Association are at this time especially interested in the subject of pure foods, market inspection, sanitation and the cost of foods, and are waging a pure food campaign.

It has been suggested that this interest may be crystallized by the organization of a branch of the National Housewives League, in order to secure the coöperation of the housekeepers of Dayton in this work.

Will you kindly send us any literature that you use in your work that will assist us in organizing? We should like to know just how you obtained the appointment of state inspectors and what coöperation and assistance is given you by the local Board of Health. Anything more that you believe will assist us will be greatly appreciated.

(MRS.) ETTA MORSE ESPY,
Chairman, in charge Pure Food Campaign.

MESSAGE from CHICAGO—Housewives Strong Organization



OW many women realize the strength of coöperation and organization. And how proud we should feel to be affiliated with such a wonderfully helpful organization as the Housewives League.

It brings health and happiness into the home, as well as teaching us how to derive the most efficient service from our household machinery.

The Hamilton Park League is only a few months old, but we have extremely interesting meetings, brimming with enthusiasm.

We have our inspection committee, but haven't, as yet, done much along this particular line. Our work is more of an educational nature.

We have had some interesting speakers, who gave such excellent talks on pure food and food inspection. Miss

Jane Eddington, of the *Chicago Tribune*, gave a splendid lecture on the "Art of Eating," which was highly educational.

We have had two wonderfully educational trips, through Ward's Bakery and Sprague, Warner & Co.'s factory, which gave us a remarkable idea of the manner in which food is prepared for our table.

We are planning, in the future, to alternate a lecture with a trip. A trip to the Union Stock Yards is planned for our trip in January.

Our Program Committee, Mrs. Clarence Rainwater and Mrs. Benjamin Bodenoch, have an unlimited supply of valuable ideas. With their assistance we hope for bigger results the coming year.

The Hamilton Park (Chicago) Housewives League presents the compliments of the season to its national president. MRS. PAUL KENNETH ALDRICH, *Chicago.*

MESSAGE from SOUTH CAROLINA—Housewives Poem

Our number first was thirty-eight,
But now we're counting sixty-two:
We joined at once the Farmers' Club
And put a fine Curb Market through.

The Market grew, the farmers were glad,
We all grew strong on the fresh food we had—
We had food screened and all through the
Summer
The Housewives League was "some" of a
hummer.

We have a free bureau where, in need or bad
weather,
The Housewife finds a servant, need and want
brought together;
We help the good find a home, and put the
"bum" bummer—
Oh! our Housewives League is *some* and then
some-er.

MRS. J. L. BARRINGER,
President, Housewives League, Florence, S. C.

MESSAGE *from* NORTH CAROLINA—Housewives Uplift



OR community uplift and advancement there is no greater organization than the National Housewives League.

Since our organization, twenty months ago, I see great improvement in our city, Goldsboro, N.C. Fruits, vegetables and fish, hitherto exposed to flies and dust, are now indoors, behind screens. With our city and sanitary officers' coöperation we note a marked change in our markets and stores. Our ice—better weight and delivery. Our

standing committee is very efficient.

A fair, held in October, was a grand success. Two hundred and thirty premiums were given to the Housewives Canning Club girls and factory and mill women of our county.

In connection with the fair, a better baby contest was held. Out of 65 babies examined 55 were breast fed. Highest score, 98.5.

MRS. THOMAS MCGEE,
*Second Vice President Housewives
League, Goldsboro, N. C.*

MESSAGE *from* LOUISIANA—Housewives Problems



UR League has been organized such a short time that we have really accomplished nothing yet, our work all lies ahead of us—and we have taken up a movement toward establishing a central market, which is badly needed here. At present we are trying to persuade the small farmers outside of town to bring their produce in on certain days of the week, by this means we could have a curb market, and the housekeepers could do their buying, to the mutual benefit of themselves and the farmer.

Our town is quite small, comparatively speaking, but we are surrounded by an agricultural district, which produces almost any kind of vegetable, and most fruits. But the farmers frequently feed

their produce to their cows and pigs, while we are buying vegetables raised in California and Florida. So we are going to try to interest them, and our Farm Products Committee is doing everything it can to get in touch with the country people, individually and through the newspapers, and we hope to be able to report wonderful results.

We feel that this is a move in the right direction, and while the response may be slow at first, I believe that if we can win the confidence of the farmer, and prove that we can help him sell what he has never been successful in disposing of, we shall have every reason to be proud of the Housewives League in Alexandria.

LAURA ANDREWS SIMMONS,
Louisiana.

MESSAGE *from* NEW YORK—Housewives for Co-operation



HAVE gained a great deal of incentive and pleasure since I became acquainted with the Housewives League.

I awakened them to the realization that housekeeping should and can be run on a business basis as carefully thought out, and worked out, as that of any profitable business, large or small.

The woman who sets out conscientiously and perseveringly to achieve this

can contribute something definite to the economic soundness of her country and city; something definitely coöperative and helpful to her husband, and things very valuable, industrially and educationally to her children.

All these doors into service, and a constantly enlarging outlook upon that service, the Housewives League has opened for me.

MRS. HENRY S. PATTERSON,
New York.

How to Put Your Home on a Business Basis

HOUSEHOLD ACCOUNTING By LAURA COMSTOCK

Professor of Home Economics at Massachusetts Agricultural College. Special Investigation for Massachusetts State Board of Agriculture

This is the second article by this eminent authority on the subject of Household Accounting. It is practical advice for every woman that may save hundreds of dollars in every home. This month Miss Comstock gives explicit plans for keeping records on the cost of living.



WENTY-FIVE per cent is an ideal distribution of funds set aside for the intellectual and emotional life—to that which contributes so much to our truest enjoyment. In this list is included sums given to church or philanthropy, savings, which may include insurance and investments, education, travel and recreation. Papers and magazines, books, subscriptions to concerts and the like could be credited to education.

The matter of cultivating a habit of saving and putting aside definite sums each week, month or year, depending on the manner in which the income is received, should be emphasized. Whenever the income will permit this should be regularly done. The habit of saving is worth everything to young people, and will prepare not only for the "rainy" day, but for the sunshiny one as well.

How to Keep Accounts

AFTER the question of the proper distribution of the income has been thoroughly discussed, and definite sums apportioned for different purposes, the next thing is to decide on the best way to keep accounts. He would be a poor business man who did not know where his money went after he had earned it.

How can one tell where it is best to retrench, if that becomes necessary?

Where would it be best to appropriate more in order to lead most efficient lives? Is the doctor receiving a goodly percent-

age of the income for keeping the homemaker in fit physical condition, while little if any money is spent for help with the housework?

Accurate accounts, if carefully studied, reveal much of an interesting nature. Comparisons by months and by years will prove profitable by showing the wisdom or error of the method of expenditure.

What is the best method of keeping household accounts?

That method which will give the least trouble, take the least time, and show daily, monthly and yearly expenditures. An elaborate "system" has killed many an honest attempt to keep accounts. Keep them in such a way that a balance can be made at any time between receipts and expenses. Items should be so listed that there will no difficulty in seeing how much is spent for food, how much for clothing or other purposes.

THE account keeper must decide how minutely itemized the record shall be, e. g., are there to be subdivisions under food such as dry groceries, vegetables, canned goods, meat; under clothes are the individual members to have separate accounts. Operating expenses may profitably have subdivisions, such as fuel, lighting, laundry, outside help. The extra time taken to place expenses in the right column will be little and the returns will be great. Above all, make the record fit the family needs. If five columns would show all that was desired as to better ways of expending the income the following year, have five. If seven are needed, have seven. Head them to make them most useful to your family.

The following explanations are given to suggest ways of keeping accounts that are workable:

How to Keep Account of Expenses

THE simplest way of keeping accounts is by the envelope system. This plan, however, seems only advisable when one's income is not much above \$1,000 a year, and is received at stated times. Envelopes are marked and the apportioned sum placed inside. When any money is taken the date and amount should be recorded on a slip of paper and placed within. The account should be balanced weekly or monthly, depending upon when the appropriation is renewed. If any money is borrowed from one envelope for another careful record should be kept of it.

Following this method means that many times more money is kept about than is safe or desirable. Also, when money is borrowed from one account for another and not credited there is confusion in balancing accounts.

How to Keep the Note-book System

AN ordinary unruled note book or loose-leaf note book may be used by ruling the pages to suit the divisions of the income; or a family expense book may be bought with printed headings.

Two pages should be used for the account. Reference to the specimen pages shown will make plainer the following explanation. On the extreme left of the first page should be a column for the days of the month. The source of receipts should be noted as well as amounts.

Food has but two divisions, groceries and meat. It seems inadvisable to keep these items in greater detail on such a page. If one wishes to know exactly how much is spent for dry groceries, how much for green groceries, how much for fruit, these accounts can be easily kept by retaining grocers' slips, and entering amounts on a separate page; or by using a small pass book, where items are entered, prices noted and the totals transferred to a general account book.

If the family buys fruits and vegetables out of season it is well to keep careful record of such expenditures, as it is easy to substitute something which will be of equal nutritive value but much cheaper. On the other hand, the itemized account of fruits and vegetables will often show a surprisingly small amount used, and it would be a question worth

Expense Account. Month of 19												
DATE.	RECEIPTS.		FOOD.		HOUSE OWNERSHIP.			OPERATING EXPENSES.				
	Source.	Amount.	Groceries.	Meat.	Interest on Value.	Taxes, Insurance.	Repairs.	Fuel, Light.	Wages.	Stationery, Postage.	Telephone.	Express, Freight, Car Fare.
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2.												
3.												
4.												
5.												
6.												
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23.												
24.												
25.												
26.												
27.												
28.												
29.												
30.												
31.												
Total.												

Monthly total receipts, \$

YOUR TOTAL RECEIPTS—CHART FOR KEEPING ACCOUNT OF YOUR INCOME



Don't Let Your Money Slip Away

considering whether more of the income should be used for the purchase of these commodities.

HOUSE ownership is indicated in the next division. Interest on the value of the house and the lot is the first sub-head. Another includes taxes on house, grounds and gardens; and insurance premiums. There are yearly repairs that should be made and are suggested as a third heading. If car fare has to be paid to and from work, then that too should be reckoned under ownership or rental, as a stated sum must be put by to meet the expenses because of the location of the house.

If a house is rented the headings would be practically the same—rent would replace interest on value, and taxes would not include the house and land. Many times repairs are made for which the owner does not pay, and these should be noted as repairs as if the property were owned.

Five Heads in Household Accounts

UNDER operating expenses there are five heads; fuel and light, wages,

stationery and postage, telephone, express and freight charges, and car fare for other than business purposes.

Fuel should include wood, coal, kerosene, alcohol or electricity. If wood is taken from the farm, that item should appear either in the farm records or the household records of both. Kerosene used for the oil stove might be included with the oil for lighting purposes if lamps are used. Alcohol used for a flatiron should be listed under fuels.

Wages should include what is paid regularly to the maid, if one is kept, and the occasional help from outside, e. g., some one to help with the weekly cleaning, laundry work, the cleaning of windows. Laundry may be listed in a separate column if so desired.

The next two subdivisions need no comment—those of stationery and postage and telephone. The last column, indicating car fares, means the occasional trips taken by the family, and not the regular business trips.

Clothes may well be subdivided according to the members in the family; but it would seem more simple to keep

Expense Account. Month of 19											
DATE.	CLOTHES.	HIGHER LIFE.									Daily Total Expenses.
		Church, Philanthropy.	Books, Magazines, Papers.	Lectures, Theaters.	Travel, Societies.	Savings.	Furniture, Household Appliances.	Physician, Dentist.			
1.											
2.											
3.											
4.											
5.											
6.											
7.											
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27.											
28.											
29.											
30.											
31.											
Total.											
Monthly total expenses, \$—											

YOUR TOTAL EXPENSES—CHART FOR KEEPING ACCOUNT OF ALL YOU SPEND

Always Pay Cash When You Can

the itemized account on another page in the same book, and record the total expenditures on this sheet.

The last heading, higher life, or, as Mrs. Richards calls it in another place, the "intellectual and emotional" life, receives 25 per cent of the income in the ideal division. This must of necessity be cut down when the income is small, but some allowance must always be made; otherwise the mere feeding, housing and clothing would mean an existence little above the brute stage. Here the divisions will represent what the individual families most enjoy, and the accounts will show whether the expenditures for the things lasting but not material are wisely expended.

What to Charge to Charity

CHURCH and philanthropy must surely come in each family record of expense; books, papers and magazines should be found in every home. Library dues should be listed here. Lectures, concerts, theaters, moving pictures are attended frequently and deserve a separate column. Money expended in traveling and vacation expenses form another item under this higher life heading.

Savings in the bank, life insurance and stocks and bonds should also be listed. Furniture considered as personal property can be included here, and it is suggested that household appliances be indicated in such a way that the sum yearly spent on these may be seen at a glance.

What per cent is spent on such improvements in the home? How much should be spent, taking all things into consideration? Under "physician" and "dentist" should be included all money paid out for physicians, surgeon, oculist, dentist, nurse, medicine and all expenses incurred by sickness. If too large a proportion falls here the matter should be thoughtfully considered to see if the causes cannot be removed.

The daily totals should be calculated

and the sums placed in the columns reserved at the extreme right under the caption daily total expenses. At the foot of each column space is left for the totals of each column. The grand total of these totals at the bottom of the two pages should balance with the grand totals of the daily totals. Space is indicated for the monthly total receipts and expenses.

In the back part of the account book two duplicate pages should be ruled for a recapitulation by months. When balancing accounts each month the totals are carried forward to these pages.

Card System in Keeping Accounts

THE card system is well liked by some people for keeping accounts. In using cards the headings may be the same as those used in a book. Each month total expenditures are transferred to a card reserved for monthly totals.

Methods of Paying Your Bills

Cash payment is the best method.

A checking account in a bank conveniently located is a desirable thing to have and encourages businesslike methods. Bills may be allowed to run for a month; but it is not wise to have goods charged for an indefinite time.

When cash is paid one cannot spend money that is yet to be earned.

When a charge account is kept it is an easy matter to buy, trusting the future will bring money for payment. The installment plan is an expensive one, and should be used only by those finding it impossible to make other arrangements.

It is fitting that this brief discussion of an important subject close with a quotation of Miss Mary S. Snow in the *Journal of Home Economics*:

"It is meet that women in every part of the land shall seriously study how they will spend the wage so hardly come by on the part of the wage earner—that wisdom and skill in the spending shall match the earnestness and zeal in the earning."

STORY-TELLERS CLUB

WINTER EVENINGS AT HOME

Gather About the Family Fireside



N the day on which this story was told a dinner was served at the Story-tellers' Club. The members were gathered about the library table while the rare eatables were brought steaming hot—food that had never touched a fire, but was deliciously cooked.

"Hail to the cook," shouted one of the Story-tellers. "Bring in the cook and let her reveal her secrets."

The cook, a woman of fifty years, more or less, and plump and happy, was plainly embarrassed by the cordial greeting that she received.

"I suppose," said the cook, "that my story begins back with Eve. She seems to have started most of the trouble of this world. She was the first woman to discover that the way to a man's heart is through his stomach—so she fed Adam apples. But there is nothing to prove that Eve was a cook, for the old story does not tell us that she ever stewed the apples or made pie out of them—although they seem to have got Adam into quite a stew."

The bñater seemed to please the

diners; one of them suggested that she got Adam into "a pickle—not a stew," while another insisted that Eve must have been a cook for "she got Adam into the soup."

"Well," exclaimed the cook, "somebody, whoever it was, discovered the great secret that fish and meat were much more palatable when held over a fire. From that moment the trouble began. From that day the world has demanded that its food be cooked. The duty fell on the hands of woman—and she has been cooking and stewing ever since, until to-day the cook is the uncrowned queen of the land. The real throne is the kitchen, and the scepter of power is the frying-pan. The cook reigns supreme in every nation, and even kings obey her commands."

"The first recipe known to woman is the recipe for bread," began the cook's story. "Bread-making is the most ancient of feminine arts. It probably began in Egypt and was then introduced into Greece and Rome. It is frequently mentioned in the Bible. Throughout the ages it has been known as 'the staff

Story-Tellers' Club—Evenings at Home

of life.' It has become so important a part of life that we speak of the problem of earning a livelihood as 'bread-winning,' and call our laborers 'bread-winners.'

How the Art of Cooking Began

"How the art of cooking began is an interesting tale," continued the cook. "The first cook stove was fire built of dry leaves and twigs, over which the raw flesh was broiled. Later, some genius discovered that it would be a wise scheme to build the fire between two stones to avoid the winds. Then it was that somebody thought of the lazy plan of laying the flesh over the stones, and the next step was to devise a crude vessel to hold it.

"Some wise person finally discovered that a hole in the earth could be used, and the fire made to do more work and not blaze up and burn the fuel so fast. After a while some one let the smoke out of a vent in his cave. Then, when men began to make huts, they built a fireplace in one side with a vent to the roof. That was the great invention of the age. For many hundreds of years such a device was the basis of civilization. It was in these old fireplaces that cooking became a fine art.

"The old brick oven was the next great step in the progress of the culinary art. It was first made of earth and stone. Some well-to-do people had very neat brick ovens, with cast-iron front doors. They were heated for baking and roasting by building a wood fire in the oven and then scraping the ashes out clean; and very often the loaf of dough was laid directly on the clay floor by a long-handled wooden shovel."

The First Stove Recorded in History

"The first stove recorded in history," said the Story-teller, "was made in Germany in 1490. The first stove made in

America was a blast-furnace erected in Massachusetts in 1642. But it was Benjamin Franklin who revolutionized cooking. He is the 'father of cooking' and the 'patron saint' of every cook in the land—there are over ten million of them in the United States to-day.

"The Franklin stove was invented in 1745. It was a cast-iron box, with a sliding shutter in front by which the hole might be closed entirely or in part to regulate the draft. A hearth projected in front. The heat passed under iron plates and about air chambers before it finally entered the chimney. This stove was duly provided with checks to control the fire and embodied the principles of the modern air-tight stoves.

"In those days, bread was baked in the earthen ovens out-of-doors. Franklin invented a barrel-shaped, double, metal drum, which he placed on the back of the stove next to the chimney. In this were metallic shelves; from this time, bread, pies, and cake could be baked in the house. He exacted no royalty, but gave this invaluable invention freely to the people. When coal was introduced as a fuel, the grate was invented, to allow air to enter the fuel from below as well and thus keep the coal burning.

"Times have changed, and we live in a more luxurious age, but, with all our inventive ingenuity, we have not until recently improved the general principles in either the stove or the oven. We have modified the old stove and oven to make use of elements that mean less trouble and work—and from this has come the modern range, with all its labor-saving devices."

The Magic of the Fireless Cooker

"But the day has come at last," exclaimed the cook, "when the old-fashioned wood and coal stove is fast passing away. Its first strong competitor was the oil stove; then came the gas range. Finally, we began to cook by electricity,

(Continued on page 92)



MODEL FARM HOUSE ON STATE FAIR GROUNDS IN MINNESOTA FARM WOMEN'S CONGRESS

Housewives Rally to Aid of Grocers in Clean Flour Campaign



THE CLEAN FLOUR CAMPAIGN is one of the Housewives great successes. A year ago one of the largest wholesalers in New York was approached on the subject of handling flour in sanitary sacks. He agreed to do it. We kept steadily following the matter up and eventually this firm began packing a private brand of flour in sanitary paper sacks. The grocers soon recognized the virtue of our Campaign from a sanitary standpoint, and the value of it as a money saving proposition.

Many requests have come from grocers who are interested with us in our work, to have League representatives speak at their various organizations and exchange meetings, and this we intend doing.

Our work has brought us into closer touch with the grocer. We meet him on his own ground and find him willing to

work with us in our various efforts to get "*clean stores—pure foods, at fair prices.*" He is willing to meet us more than half way to secure better food conditions.

The grocer feels that there is a woe-ful lack of interest on the part of the average customer about the food she buys—and he is right. One of the first arguments that nearly all grocers use against putting a supply of their regular brands of flour in sanitary sacks is—that the women won't want it! We give such grocers a little tag to use on their flour in paper bags explaining "why" they are carrying flour in sanitary paper bags and this has proved a great help. Then the customer is forced to see that "our League" and "her grocer" are coöperating to give her the cleanest flour at no added cost and all she has to do is to accept the benefit of their efforts.



Lessons in Cooking

These Lectures Are Given Daily at the National Headquarters of the Housewives League in New York by the Leading Experts

Under Supervision of MISS EDITH DESHLER

National Vice-President, Housewives League

The Cooking School at the National Headquarters of the Housewives League is giving instruction this winter in the various problems of the culinary art. The year 1916 is to bring forth many new recipes in these pages. The lessons under Miss Emma Bosson, an expert in domestic science, are exceedingly valuable to every housewife.

How to Select a Chicken



OW to select a chicken is one of the most difficult tasks of the housewife. The best advice which can be given to one who is unaccustomed to judging poultry is that she find a reliable butcher and allow him to select a roasting chicken, a broiler, an old fowl for stewing, or whatever is desired. Even the most experienced housewife is sometimes fooled by the appearance of a fowl and finds, after having roasted a supposedly young, tender chicken that it was fit only for stewing.

A so-called spring chicken is less than five months old. A young fowl is from five months to a year old. A bird older than this is usually referred to as an old fowl.

Young chickens and young fowls can be judged by the skin of the feet. In young chickens the skin is soft and there is little fat present. In older chickens the skin becomes harder and is scaly. Long hairs on the body of the chicken are also a sign of age. The presence of pin feathers shows that the chicken is young. The pin feathers grow into hairs as the chicken becomes older.

Chickens are usually cleaned and dressed at the butcher's shop, but if one knows just how to go about it the task is so simple and easy that it is a pity more people do not learn to do it themselves. The task of cleaning a chicken is generally looked upon as a disagreeable, mussy procedure, but if done rightly, it is very little trouble and one has the satisfaction of knowing that the work has been done under sanitary conditions.

How to Cleanse a Chicken

THE first step in cleaning the chicken is the singeing. Hold the chicken over the flame, turning it around frequently until every part has been singed. If there remain any feathers which are too tough to be singed off, they can be pulled out.

Never throw away any part of a chicken.

If the butcher cleans the chicken for you ask him to send the "trimmings." This means head, feet and all of the internal organs. You were charged with these when the chicken was weighed and you may as well have the disposal of them yourself.

You can make chicken soup with very little chicken. People often feel that they cannot utilize the feet of the chicken because they are too dirty to be used as food. They are very valuable, however, and should be scraped and cleaned and put into the soup kettle. They contain a large amount of the gelatine which gives good chicken soup its thick consistency.

The feet are prepared for use in the soup by pouring boiling water over them and letting them simmer till the scales



How to Cook a Chicken—Instructions

soften and can be easily pulled off. The nails also come out very easily after the feet have been scalded. These, together with the head, which has been cleaned and from which the eyes have been removed, are put into the soup kettle and make a very good foundation for chicken soup.

How to Prepare a Chicken

HAVING removed the head and feet of the chicken, the crop is next taken out. The crop is often found to be filled with kernels of corn which have been fed to the chicken just before killing in order to make it weigh more. Inexperienced cooks have sometimes cooked the chicken without removing the crop, but the crop should always be removed. This is one of the few parts of a chicken which cannot be utilized by the housewife—unless she has some little folks around who clamor to have the crop cleaned out and blown up to make a balloon.

The food pipe is attached to the crop and can be drawn out when the crop is removed. Draw out the wind pipe also.

We are now ready to remove the internal organs. It is right here that many people make an unnecessarily disagreeable task of cleaning a chicken. If the organs are torn out carelessly they sometimes break and the hands are covered with blood and the chicken needs much cleaning before it is fit to cook.

There is no necessity for any such unpleasantness, however. Begin by inserting the forefinger of one hand down through the neck, and the forefinger of the other hand through the cavity in the groin. Run the fingers between the skin and the membrane which adheres to it until the membrane is broken from the skin. The organs, being held together by the membrane, come out easily in one piece. The lungs are usually left in, but can be removed separately if desired.

If the chicken is very fat, cut off some of the fat but do not throw it

away. Chicken fat is very useful for cooking. It can be used where any other kind of shortening is used, it adds a delicious flavor to roast beef if laid on top while the meat is roasting, it is a good addition to pot roast and can be used in pie crust and even in cake. The fat around the intestines is not so delicate as that on the body of the chicken and can be thrown away.

How to Roast a Chicken

A YOUNG, tender chicken needs to roast about twenty minutes to the pound. If the chicken is tough, cover the bottom of the roasting pan with water and let the chicken steam for about an hour. Then let it roast in a hot oven till tender.

For roasting, the chicken is first stuffed with dressing, then dredged with flour and put into a hot roasting pan. Pour a little hot water in the bottom of the pan. Baste the chicken at frequent intervals beginning after the chicken has been in the oven about half an hour.

A few slices of bacon, or a little butter or chicken fat, placed on top of the chicken while roasting improve its flavor.

Dressing for Roast Chicken

Stale bread
2 tablespoons butter
2 cups bread crumbs
1 onion cut in small pieces
1 teaspoon salt
 $\frac{1}{8}$ teaspoon pepper
 $\frac{1}{8}$ teaspoon celery salt

Soak the bread in cold water. Steam the onions in the butter for five minutes. Squeeze the bread out in a piece of cheese cloth. Mix with onions, add seasoning and fill the cavity in the chicken with the mixture. Sew the opening together, or fasten with sewers.

The liver, chopped fine, is a good addition to dressing. If you want to use the liver elsewhere, an egg will add flavor and richness, or chopped apples, or chestnuts, previously cooked soft, will improve the flavor.



Lessons in Cooking by Miss Bossong

CUT up the chicken and place in a kettle, putting the parts that need longest cooking in the bottom and those that need little cooking on top. The wings, ribs, legs go on the bottom, the breast on top. The breast will soften in the heat from the steam in the kettle and need not be covered with water. Pour enough boiling water on the chicken to nearly cover. Let simmer in covered kettle from one and one-half to three hours, according to the age of the chicken.

Dumpling for Stewed Chicken

- ½ cup milk
- 1 cup flour
- 1 teaspoon baking powder
- ½ teaspoon salt

Mix the dry ingredients, add the milk

and drop by spoonfuls into the water in which the chicken is stewing, first removing a few of the larger pieces of chicken to make plenty of room for the dumplings to swell. Keep well covered and cook for eight to ten minutes. Longer cooking causes the dumplings to become soggy.

How to Fricassee Chicken

Fricasseed chicken is cut up as for stewed chicken, seared in a hot pan for a few minutes, then allowed to simmer in a closed vessel till tender. When the chicken is nearly soft, add one cup of milk and two tablespoons of flour and let the chicken cook a half hour longer.

Try these recipes—follow these directions and let us hear about your results.

LESSONS IN MAKING DOUGHNUTS—WITH BEST RECIPES

The domestic scientist in the kitchen of the Housewives League has been making some experiments in doughnuts. The results are given herewith.



HERE is always a demand for fresh, home-made doughnuts, and the housewife who has acquired the knack of turning out a batch of these popular little cakes at a moment's notice may always feel that she is ready for an emergency.

The objection which many people have to making doughnuts is that they fill the house with the disagreeable odor of fat while they are cooking and that it is very difficult to fry them properly.

The first objection can be met by treating the fat in such a manner as to do away with the smell, and the second can be overcome by experience.

How to Absorb the Fat Odors

The longer any kind of fat is used the less noticeable becomes its odor, and if the housewife will take care of the fat after each using she will cease to be

troubled by the offensive odor. A small piece of bread or a bit of raw potato added to the fat while it is heating will absorb any odors or impurities that may be in the fat. After one is through using the fat it should be strained, while still hot, covered and set aside for use next time. If this is done the fat can be used any number of times and for any number of different foods without deteriorating.

How to Fry Doughnuts

A DEEP iron pot is best for frying doughnuts. The iron takes longer to heat than other ware, but, once heated, it retains the heat and is easily kept at a uniform temperature. A granite saucepan can be used, but it is less satisfactory than iron, for it does not hold the heat so well. A fry pan is never a good medium for frying doughnuts, as the fat cannot be made deep enough to cook the doughnuts quickly, and it is quite apt to spatter over the shallow sides of the pan, sometimes causing fire.

Fat must be kept at a high tempera-



Domestic Science Course in Cooking

ture for frying doughnuts. If it is not hot enough the doughnuts are grease-cooked. The temperature of the fat can be tested by dropping a small piece of bread into the fat. If the bread browns in one minute the temperature is right for doughnuts. The fat need not be tested until after it has stopped bubbling. The bubbling is caused by the boiling of the water in the fat, and it is only after the water has evaporated and the fat has become still that it begins to get hot enough for frying.

Many people make the mistake of trying to fry too many doughnuts in the fat at once. The doughnuts cool off the fat and the lowering of the temperature causes the doughnuts to cook too slowly and they become grease soaked. If they show signs of cooking too slowly, heat the fat again before adding more doughnuts.

CARE must be taken in dropping the doughnuts into the hot fat. Hold them as close to the fat as you can before dropping them. This prevents

splashing of the fat, which happens when the doughnuts are dropped from a distance. Serious burns have sometimes resulted from carelessness in dropping food into hot fat.

Good Recipe For Doughnuts

1 tablespoon butter or other fat
 $\frac{1}{2}$ cup sugar
1 egg
 $\frac{3}{4}$ cup milk
 $\frac{1}{2}$ teaspoon salt
2 to $2\frac{1}{2}$ cups flour
4 or 5 teaspoons baking powder
 $\frac{1}{2}$ teaspoon vanilla
 $\frac{1}{8}$ teaspoon nutmeg

Mix the butter and sugar together. Stir in the egg, unbeaten, and add the milk and vanilla. Sift the flour, salt and baking powder together and stir gradually into the mixture. When stiff enough to handle, turn out onto a floured board and roll about one-fourth of an inch thick. Cut with doughnut cutter, drop into hot lard and let fry till well browned. Drain on brown paper and roll in powdered sugar.

RECIPES FOR MAKING DELICIOUS JELLY ROLLS

How to Make Jelly Roll

LIKE many other difficult things, jelly roll is easy enough to make after you have once learned how to do it. But one would hardly advise the housewife to try jelly roll for the first time on the day when she has invited company to dinner. The first time you make jelly roll it will, in all probability, refuse to roll as it should, and will break instead.

There are so many important factors upon which the success of a jelly roll depends that it is next to impossible to designate any one of them as the essential point.

One of the essentials lies in the mixing. The mixture must be as light as a feather before it is put into the oven, and the batter must be of exactly the

right consistency. If it is too stiff it will not roll well. If too thin, it will fall during the baking.

Another important point is the baking. If the cake stays in the oven a minute too long, it will begin to dry around the edges and will break when you try to roll it. One needs a certain amount of experience to judge the exact time when the cake should be removed from the oven. In your zeal to avoid drying the cake too much, the temptation will be to take it out before it is quite done.

How to Prepare the Mixture

A THIRD point is the rolling. Even if the mixture has been made of just the right consistency and the baking is perfect, it can be spoiled if the cook putters around too long while she is pre-

Secret of Jelly Roll—Work Deftly

paring to spread on the jelly and roll the cake. She must work very quickly after the cake is once out of the oven. She must have everything in readiness beforehand, and she must know exactly what she is going to do before she starts. There will be no time to climb up to the top shelf for a glass of jelly after the cake is out of the oven.

After one has once learned the various secrets of combining and baking and rolling she will find herself able to make a delicate, tender jelly roll in the twinkling of an eye, and it will be so easily done she will find herself wondering how she could ever have thought it was difficult.

The best results will be obtained by using one of the regulation jelly cake tins. These are shallow pans which cover a large amount of surface, and so make the baking easier. The best size for ordinary purposes is seventeen inches long and eleven inches wide. This makes a cake of about the right thickness to roll well.

Recipe for Jelly Roll

- 4 eggs
- 1 cup powdered sugar
- 1 teaspoon baking powder
- 1 cup flour
- $\frac{1}{8}$ teaspoon salt
- 1 glass jelly

Beat the eggs very light. They need not be separated. Stir in the sugar gradually, beating all the while. Sift

together the baking powder, salt and flour. Fold these gently into the egg mixture. Do not beat. Pour the batter evenly over the bottom of a buttered jelly roll tin and bake in a hot oven about eight minutes.

Spread a clean, damp towel on the table or moulding board. Turn out the cake on this cloth and quickly spread with a generous layer of jelly. Roll the cake, beginning at end nearest to you and rolling away from you. The rolling must be done very quickly. Dust powdered sugar over the top and serve while fresh.

Recipe for Chocolate Roll

Jelly roll can be varied by substituting a chocolate filling for the jelly.

- 1½ squares Baker's chocolate
- 2 tablespoons butter
- 1 cup boiling water
- 2 tablespoons flour
- 1 cup sugar

Melt the chocolate and butter together. Sift the flour and sugar three times and stir into the chocolate. Add the boiling water and let cook slowly until the mixture becomes thick enough to spread.

Chopped nuts, sprinkled on the chocolate filling before rolling, improve the flavor. Whipped cream is also good if folded into the roll.

After the cake is rolled it can be iced with the chocolate frosting if an elaborate cake is desired.

How to Make Delicious Tarts

TARTS are made from the same dough as pie crust. They furnish a good method of using up the scraps of dough left after you have made a pie.

Gather the pieces of crust together and roll out very thin. Then cut into rings and lay them over the outside of muffin pans. Press the edges down firmly and bake for ten or fifteen minutes.

Tarts can be baked without using the muffin pans. After the rings are cut, shape up the crust with the fingers till you have made a cuplike shape. This is harder to do than laying the mixture over the muffin pans and is not so satisfactory, for the shapes are not apt to be so perfect.

If the pastry is laid over scalloped muffin or cake tins the tarts are much more attractive.



JUNIOR HOUSEWIVES LEARNING TO MAKE PIE IN KITCHEN AT NATIONAL HEADQUARTERS

Walking Clubs for the Girls Teaching Our Daughters

Department Conducted By MISS EMMA BOSSONG

Domestic Scientist at National Headquarters

THE Walking Club is the proper thing this winter. Could there be anything more exhilarating! Dress warmly and take a brisk walk with your friends into the crisp winter air. It will bring the glow of health and beauty to your cheeks.

The Junior League last month had a treat in the shape of a visit from another organization of girls who came in from a neighboring town. These girls call themselves the "Walking Club," and from what they told of the fun and profit they derived from their club, our Junior Leaguers in other parts of the country would do well to follow their

example. They will be seen in the picture watching the Junior League girls who are learning how to make apple pie.

Start a Walking Club in Your Town

THIS "Walking Club" is organized for the purpose of taking a "hike" every Saturday morning to some point of interest near them, and on this particular Saturday morning, their leader, a member of the Housewives League, brought them to visit the Junior League.

The club told of a number of interesting things they had been doing on Saturday mornings. Their favorite "stunt" is to pack up their dinner bright and early in the morning and make for the

Mothers Should Join the Walking Clubs

woods, build a fire and have a camp meal of broiled bacon, toasted bread and cocoa. They learn many things in this way which girls do not always have the opportunity of learning.

They have gathered quite a stock of information about the woods and have learned all sorts of practical, useful things, such as where to build a fire, how to make a fire out of nothing when the wood is wet and paper is scarce, how to pack a picnic equipment, what to carry and what to leave at home—all the things that are sure to come in handy later on when they find themselves in a tight pinch and have to make the most of their resources.

Sometimes the "Walking Club" takes a tramp to some point of interest in their locality. One Saturday they went through the Loose-Wiles Cracker Factory. Another time they visited the National Biscuit Company's plant. They visit the various museums and art galleries in the city and sometimes walk to interesting, little, out-of-the-way inns for their dinner.

Start a walking club in your community. Do it to-day. Make out a list

of girl friends and send them an invitation to join the first walk. Do not let them know where you are going—keep them in suspense. Then, after the walk is over, take them home and have a simple little luncheon party—make them do the cooking with you. Read what our walking club did after their first walk in the article following.

How to Select Your "General"

THE leader of the club is called the "General," because she is always leading a squad of young people to do something interesting and useful. She organized the club, she explained, because she could not bear to see the girls wasting their Saturdays, as so many young people do if left to their own devices.

"Girls are old loafers," the General said, "and if left to themselves would sit around all day on their precious Saturdays and would never do a thing worth while if some one did not stir them up."

So she applied her theories to these girls, and from the enthusiasm the club showed over their plans, they were glad they had been "stirred up."

HOW TO MAKE GOOD PIE—VALUABLE RECIPES



THE Walking Club of the Housewives League arrived at national headquarters just in time to see the Junior Leaguers being initiated into the mysteries of handling pie crust.

Although some of the girls were sceptical, at first, of the idea of children being able to make anything so grown-up as pie crust, they proved to their own satisfaction that if you only know how to go about it, the most difficult task becomes possible.

Anybody who doubts this fact should have seen the apple pie, all bumpy on top with apples and brown and crusty and tempting to look at which the children made that Saturday morning. And if

the apple pie failed to convince the doubter, perhaps the crisp, tender tarts which the children made out of the left-over bits of pie dough would silence him.

Anybody can make good pie crust who is willing to take pains to handle it so lightly and quickly that it does not have a chance to get tough.

The great secret of making light pastry is to keep it cold all the while it is being handled, and this is where a great many people fail. Some people think they must use their hands in making pastry, and they pat it and work it till it gets warm and tough—and then they wonder why they never have any "luck" with their pie crust. If you keep touching the pastry with your hands you must not

Lessons for Our Junior Housewives

be surprised if it is tough and heavy when you are through with it.

PIE dough is handled in much the same manner as the biscuit dough described last month, except that flour is used a little more liberally and the dough is rolled thinner.

Have all your measuring materials and your ingredients ready at hand before you begin mixing the dough.

Remember that anything that saves time will help your crust to be light and tender. Work swiftly and accurately. Try not to make a single unnecessary movement.

To make one large apple pie the following ingredients are necessary:

- 2 cups flour
- $\frac{3}{4}$ cup fat or any shortening
- 1 teaspoon salt
- 1 teaspoon sugar
- 1 teaspoon baking powder
- $\frac{1}{2}$ cup cold water
- 2 or 3 tart apples
- $\frac{1}{2}$ cup sugar
- 1 tablespoon butter
- $\frac{1}{2}$ teaspoon cinnamon

Sift the flour, salt, sugar and baking powder into a mixing bowl. Mix the shortening into the flour, working it with a fork. Continue working the flour and shortening together until the shortening has become so well blended that the mixture looks like corn meal.

When these ingredients are well mixed, add the water gradually. It may be that you will not need quite all of the water called for in the recipe. Toss the flour about lightly to get it moistened evenly. If part of it becomes wet enough before the rest is moist, put it to one side and continue tossing the dry flour about until the whole has become moist enough to hold its shape.

How to Make Pie Crust

FLOUR the moulding board, sprinkle a little flour over the dough and turn it out onto the board. Flour the rolling pin and roll the dough into a thin sheet,

pressing lightly on the roller and working swiftly all the while. Roll the dough away from you.

While the dough is being rolled, the temptation is to keep adding more flour so that the dough cannot stick to the board or the rolling pin. Be very sparing in your use of flour, however. Try to keep the center of the dough moist, sprinkling just enough flour on the outside to keep it from sticking. If the dough sticks to the board, try loosening it by running a spatula underneath, before sprinkling more flour on the board.

Always lift the crust by running a spatula under it, and gently pulling it. There is no necessity of touching the hands to the dough at any time.

When the dough has been rolled quite thin, say one-eighth of an inch thick, cut off a piece big enough to cover the pie plate. Line the plate with the crust, picking up the dough by means of a knife or spatula—not the fingers.

Pie Making is Quite an Art

THE pie crust should entirely cover the plate. If any part of the pan is left uncovered the juice from the filling of the pie will leak through into the bottom of the pan and the crust will become soggy.

Fill the center of the crust with sliced apples, add the sugar and spread the butter around in little bits. Add one tablespoonful of water and sprinkle cinnamon over the top.

Roll out a second piece of dough quite thin and spread this over the top. Trim off the edges of the crust with a sharp knife, balancing the bottom of the plate on the tips of the fingers and slanting the knife away from you. Make a design of some sort, a cross, or a T, or a flower on the upper crust. This is done to make an opening through which the steam can escape.

Place the pie in a hot oven for twenty minutes. Then lower the heat and bake for fifteen minutes longer.

Achievements of Housewives League

(Continued from page 14)

housewives now know that hens don't lay in winter to any appreciable extent and are informed as to what the price of cold-storage eggs ought to be.

In diffusing this information the League did a service to the trade which it was not slow to acknowledge.

Fight for the Truth in Cold Storage

"THIS little episode," said the Egg Reporter, alluding to the campaign for cheaper eggs, "ought to make cold-storage products taste a little better than before to the consumer, and every time we batter down a bit of prejudice against cold-storage foods we are just that much nearer to the day when cold-storage goods, in proper season, will be sought and preferred to the out-of-season so-called 'fresh.'"

This battering down of prejudice against cold-storage foods which began with the egg campaign has continued ever since. It is now no longer necessary for any dealer to sell cold-storage products as "fresh" because the housewife no longer insists on being deceived. A large proportion of housewives know that cold-storage products, if in good condition when they were stored, and properly handled afterward, are perfectly good and wholesome and they want to buy them as such at a fair price.

A considerable amount of cold-storage legislation was also the result of this egg campaign. In Rhode Island the women of the State introduced bills requiring dealers to sell cold-storage eggs as such into two successive legislatures and successfully circumvented an attempt to extract the teeth of their measure at the last minute before it became a law.

Crisis in the Apple Market

BEFORE the egg campaign was over the apple situation began to attract attention. There had been a tremendous apple crop, one of the largest in our history, but the consumer was paying just as much as usual for the fruit. The

growers would have been glad to sell their average run of apples at twenty-five cents a barrel, wholesalers were ready to sell fine graded fruit at from \$1.25 to \$2 a box, while barrels of No. 1 Baldwins were selling at \$2.25. Nevertheless the retailers refused to sell below their usual price, which was at the rate of from \$8 to \$10 a box.

The result was that demand failed to meet the supply, and producers and shippers were threatened with the loss of millions of barrels of apples.

The housewives met the situation by advertising the facts and selling apples at reasonable prices. In New York the League arranged with dealers in the Queensboro Bridge Market to handle Baldwin apples at five cents a quart, and in Detroit the housewives shipped in two carloads of apples from the country, delivering them to members at seventy-five cents a bushel, in big trucks with the legend "Housewives League" running their whole length.

The market immediately began to move, and according to the subsequent testimony of a market expert a million dollars was saved to the apple dealers.

So satisfactory was the outcome, in fact, that when a bumper crop of onions seemed likely to go to waste not long afterward the Federal Government appealed to the League to help to "move" it.

Crusade for Clean Shops

AFTER the loosening up of the apple market came the campaign for clean shops and bakeries. So great has been the improvement in communities having strong organizations of housewives since that time that it is difficult to realize the old conditions. Foods were not only generally uncovered, exposed to the contamination of dust, flies and fingers, to say nothing of dogs, but it was not considered possible to compel the dealers to protect them properly.

(Continued on page 84)



National Biscuit Company bakes many varieties of biscuit —sweetened and unsweetened —known as crackers and cookies, wafers and snaps, each the best of its kind.

In them are used selected flour, sugar, butter and eggs, nuts, spices, fruits and flavors. They are baked in modern bakeries with greatest skill, with ceaseless care and with constant cleanliness.

These biscuit are delivered in perfect condition from oven to table.

**NATIONAL BISCUIT
COMPANY**



Crusades for Betterment of Homes

(Continued from page 82)

At a meeting of the housewives of New York City, held to consider the problem, the Health Commissioner dismissed the suggestion as impracticable and said that other things were more important. A few months later, however, under a new commissioner, the desired ordinance was passed, and to-day it is being very generally enforced, or else voluntarily observed, for the dealers are coming to understand, as one of them expressed it, that "bein' clean don't hurt business none."

The wrapping of bread at this time was in its infancy, and there were many communities in which it was impossible to buy the staff of life protected in this manner.

It was not the fault of the bakers that this was so—but of the housewives.

Wrapping machines cost about \$2,500 and bakers cannot be expected to install them when there is no demand for wrapped bread. Whenever the housewives made it plain that they wanted wrapped bread they got it. To-day if there is any community in which wrapped bread is not to be had, it is safe to infer that it has no Housewives League.

Campaign for Clean Flour

BEFORE the League was organized it never seems to have occurred to any one that a thin porous covering was not an adequate protection for a delicate foodstuff like flour, and no one outside the trade had any idea of the contamination to which flour was exposed.

Two years ago the housewives began to agitate for a more sanitary package and were very successful in getting millers and dealers to adopt it. Now every leading brand of flour can be bought in paper bags, and grocers, both big and little, are demanding their flour in such packages.

The retailers are delighted with the change.

The porous cloth bag left a trail of

dust behind it wherever it went and made it difficult to keep a shop in that state of cleanliness which public opinion now demands.

"Before I received your letter yesterday I did not know that millers were packing flour in paper bags," one dealer wrote. "You can count on me to demand it in future."

VERY early in the movement the housewives began to investigate the milk situation, and almost every local league has engaged, at different times, in a strenuous fight for better conditions or lower prices. In several cases they successfully resisted attempts to raise the price of milk without improving the quality.

By coöperating with the dealers so as to reduce delivery costs the Buffalo women were able to keep the price of milk at eight cents a quart, and the president of one of the largest companies assured them that it would remain there for many years to come.

In Toledo the housewives had a hot fight with the local dealers over an attempted raise in price, and came out so completely victorious that in the opinion of one of the most prominent men in the business it will hereafter be impossible in that city for milk dealers to attempt to raise the price of milk "except for some good and sufficient reason that will be obvious to every one."

While insisting on reasonable prices for this staple food, the housewives have also kept a sharp watch upon its quantity. In Minnesota they recently defeated a bill to lower the butter fat content of milk after it had been passed by the Senate and favorably reported by the Dairy Committee of the House. In Houston, Texas, in the course of a "clean-up week" the housewives cleaned up the dairies of the town in a way that would have been thought unbelievable if it had not happened.

In Providence an investigation into

(Continued on page 86)

No Human Hand Touches These Sealdsweet Fruits

They are picked from the trees, hauled to the packing house, washed and dried, packed into the boxes in which they are shipped—all by white-gloved workers. No child labor is employed.

These are the oranges and grapefruit which bring to your home the glorious sunshine, the gentle showers and the balmy breezes of fair Florida. They are juicy, sweet and fine-flavored beyond comparison—food and drink from which only health and joy can come.



Buy them by the box and save money, besides getting fresh, sound fruit—sealed by Nature while filled to bursting with her choicest gifts and placed by man in clean, tasty wrappers that retain all their good qualities — Sealdsweet.

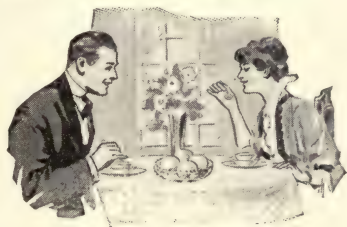


Grown and Sold Co-operatively by Florida's Progressive Fruit Men

Sealdsweet oranges and grapefruit are produced by the members of the Florida Citrus Exchange—a co-operative body of men and women working together to serve their interests by protecting consumers.

These growers cultivate their groves with loving care, they spray the trees to protect their fruit from diseases and insects, and they prepare it for market in the most painstaking way. Their trademark, Sealdsweet, is your guaranty of the best fruit that can be grown in Florida—chosen by Nature to be the ideal citrus fruit country.

Many dealers sell Sealdsweet oranges and grapefruit. Yours can get them and will do so if you tell him you want no others. There are scores of ways in which to serve and use them—a booklet telling how and illustrated with many attractive pictures of Florida groves will be mailed free to any address on application.



Florida Citrus Exchange

626 Citizens Bank Building
Tampa, Florida

Housewives League Fights for Justice

(Continued from page 84)

a raise in the price of milk was quickly diverted to the question of quality, because it seemed that a great part of the city's milk was too bad to buy at any price. The housewives quietly collected evidence of this fact and of the responsibility of the milk department therefore and published it in the newspapers. The result was an upheaval which ousted the Milk Inspector and Milk Committee and the passage of legislation placing the milk department of the city in the hands of the State Superintendent of Health.

Housewives Club for all Home-Makers

FROM the very beginning of the work Mrs. Heath has looked forward to establishing headquarters, a place where products endorsed by the law could be shown; where lectures could be given on all the arts of housewifery and of the new housekeeping of which many of us still know so little; where members and, in fact, all homemakers could come to meet each other; where the producer could meet the consumer and come to a better understanding than has been possible in the past—a great clearing house, in fact, for all the industries that affect the home. When this idea was first conceived by Mrs. Heath, the members of the National Executive Committee scarcely dared to hope that it would ever be realized, but to-day it is a reality through the untiring effort and faith of Mrs. Heath.

To this Housewife's Club have come homemakers from all over the country and from it influences have radiated over the whole land.

"I don't think you ladies realize what a wonderful work you are doing," one housewife said, before she started back to her distant home, and that is the constant testimony of the visitors.

Young housekeepers and old housekeepers bring their problems to the housewife's headquarters, strangers

come because they are sure of a welcome, producers come because they want to know what the housewife wants and how they can best meet her demands. It is the first time in history, in spite of all our organizations and clubhouses, that there has ever been a common meeting place for these various interests, and it meets a need so long felt that one wonders how we managed to get on without it so long.

The Great Work is Only Begun

LAST fall the facilities of headquarters were utilized to help get the big peach crop into circulation, the housewives being taught how to cook and preserve peaches as well as being urged to buy them, but the details of that campaign are too recent to require recalling.

The big job which the League now has on hand is the campaign for better butter. It is a task of great difficulty, but considerable progress has already been made and there is no such word as fail in the housewife's dictionary.

This is a notable list of achievements for four brief years, and yet it is the merest outline of the work actually done. As for the future no one can set limits to the possibilities of the movement.

"We are just at the beginning," says Mrs. Heath, "the beginning of a home revolution. No one could doubt it who has seen the spirit of the women as I have done. The change from home economics old to home economics new, is going to produce wonderful results in the whole world of trade.

We are producing efficient housewives and that means intelligent consumption, better homes and a better nation."

The foregoing are but incidents in the daily battles of the Housewives League for the defense of the American housewife. It is a perpetual war against all that is bad and in defense of all that is good. The League has reached a posi-

(Continued on page 93)



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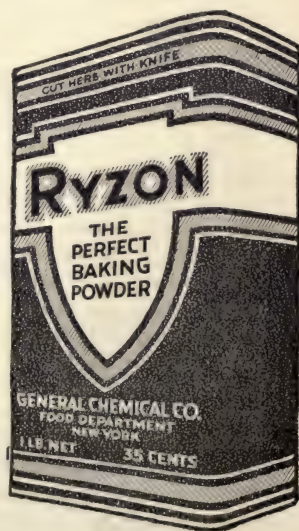
Use RYZON exactly as you would use any good baking powder—no more.

The best cookbooks nowadays call for *level* spoonfuls, instead of "rounded" or "heaping," and careful cooks everywhere are adopting the more exact method.

In line with this modern and improved phase of domestic science, all RYZON directions call for level spoonfuls. RYZON is not an improved baking powder, it is an entirely new one and stands for better baking wherever used.

If your grocer cannot supply you, send 35 cents and postage for pound tin to address below. Sold only with a money-back guarantee of satisfaction.

GENERAL CHEMICAL CO.
FOOD DEPARTMENT
NEW YORK



Home Decoration—By Virginia Earle

(Continued from page 30)

by its very presence belittles other things that are really worth while! Alas, that it takes so little to make or mar!

A living room which in other respects leaves nothing to be desired may be thrown "out of key" by so small a trifle as a table runner that bears no relation to the rest of the room; or a delicate bit of porcelain, it may be, which no more belongs on that particular mantel than a piece of real lace on a woolen coat; a cut-glass vase on a "mission" desk, or a fluffy lamp-shade on a table with serious books.

Does Your Home Create Discord?

WE grow accustomed to such "trifling" mistakes in our own homes, just as we overlook the faults of our friends because we love them, but how glaring instead of trivial they seem to us in the homes of others!

The fact is that whether you wish it so or not, your home betrays the real "you" just as surely as does your speech or manner of dress. If it does not reflect your highest ideals then it simply betrays your indifference.

Many a home that is neatness personified, or a model of efficiency, nevertheless shows a mental laziness on the part of the home-maker concerning those things which should beautify our homes because they elevate our lives. And for this there is no just excuse in this day when excellent prints of the world's masterpieces may be had for almost the proverbial song, and when furniture of good, plain design is within the means of all!

Whether you can afford for your living room costly engravings or carbon prints of the masters; bronzes and marbles or only plaster casts; hothouse flowers or potted geraniums—these are minor details. The living room worthy of the name—a room wherein one may truly live and grow as well as sit at ease—is the room where there are no superfluities of furniture or decoration to confuse the

mind; where no obtrusive detail, as even an over-decorated sofa pillow, arrests the eye, and no jarring color-note of some newly acquired possession is allowed to disturb the harmony of the whole; where no ornaments are displayed simply for ornament's sake, or set out on tables as a convenient place.

In a really well-furnished living room it is not the restful color scheme alone which gives a feeling of repose; nor the cash value of books and pictures which makes it an inspiration. It has meaning, interest, beauty and unaffected character simply because the home-maker has squared her every choice by this "rule of three."

Sincerity, which demands that everything in a room shall fill a definite mission, artistic or practical; *Suitability*, which requires of everything a good reason for being just as it is and exactly where it is; and *Simplicity*, which sanctions only such decoration of a room as may emphasize its structure or purpose, or will truly enhance its charm.

How to Decorate the Dining Room

FOR illustration of this last point, note how the curved line of the painting above the mantelpiece in the dining room shown on page 26 accords with the arch above the cupboard and the arched openings of the windows and of the hearth below. Here is a decoration which emphasizes structure and at once becomes more than a mere ornament in the room.

Strikingly individual as the treatment is, it nevertheless conforms to the soundest precepts of decorative art; and how much better our homes would be if only we could all remember that just as originality in poetry lies not in discarding the necessary laws of rhythm, but in finding new rhythms within the limits of those laws, so in all interior decoration originality of effect must forever respect the structural limitations of a room, and the harmony of its various parts.

(Continued on page 90)

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half-size tablets
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Weight guaranteed



American Sugar Refining Company

Three Rules for Furnishing a Home

(Continued from page 88)

It is not so many years ago that interior decoration as an art was supposed to be of interest only to those whose means entitled them to pretentious homes.

To-day there is rapidly spreading throughout even remote country districts the conviction that every woman who has a home at all has a right to a beautiful home.

Every woman may, if she will, possess a truly artistic home. Moreover, it is the serious duty of every home-maker to see that her home does reflect the highest artistic standards, since art and beauty do not entail costly furnishings, and since good taste is emphatically *not* a matter of expense.

THE choosing of furnishings for your home resolves into three factors:

What you want; what you need; and what you can have.

I have set them down in the order that we usually consider them, putting our wants first; it ought to be just the reverse! If we would only learn to shape our wants to our needs, instead of buying haphazard the things that strike our fancy, or even because we know them to be beautiful or good, we should not go far astray in furnishing our homes.

Working with sincerity of purpose, striving for simplicity of effect, whether on a grand or humble scale, and having a constant care for the suitability of all things for their appointed place and use, will do more to make your home beautiful than much knowledge of furniture

periods and the technique of decoration.

Moreover, keeping ever in mind these three "S's," Sincerity, Suitability and Simplicity, you are certain to achieve rooms of individual character; rooms that have the charm of personality; that are "different" in the right kind of way.
(To be continued in February number)



\$2.25 Solid Aluminum Griddle for Labels from 50 Cents Worth of Karo and 85 Cents

GET 50 cents worth of Karo from your grocer and send us the labels together with 85 cents in P. O. money order or stamps and we will send you this 10 1/2 inch Solid Aluminum Griddle by prepaid parcel post.

This griddle needs **no greasing**. It heats uniformly on entire baking surface; it does **not smoke up the house**; it doesn't chip; it doesn't rust and it looks so **clean and inviting**—so different from the old kind of griddles.

We want every Karo user to have one of these griddles—and will be glad to fill requests as long as our supply lasts.

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As to Flavor, in a Class by Itself.

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Don't Forget the Salt

A little salt adds to the flavor of most foods

Wheatena

has a distinctive flavor, but a little salt should always be added to the water when cooking.

We offer the Housewives this month a WHEATENA recipe as we like it best at breakfast.

Into six cups of actively boiling, slightly salted water, pour, so slowly that boiling does not stop, one cup of Wheatena, and continue boiling three or more minutes, then serve. The activity of the boiling obviates the need of stirring.

If you have more time

use seven cups of water to one cup of Wheatena; treat as above and put into moistened moulds to cool. To heat up, stand mould in boiling water for 10 minutes.

Serve with Cream or Milk and Sugar as desired, or with Butter and Syrup or Sugar.

Cold WHEATENA sliced and fried is good for Breakfast, Lunch and Dinner.

*If you do not know Wheatena write
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The Wheatena Company

Wheatenaville

Rahway

New Jersey

STORY-TELLER'S CLUB

(Continued from page 72)

and now comes the 'fireless cooker'—the greatest invention of all. It is the fireless cooker that cooked the dinner that I am now serving to you. It is merely an air-tight box like a refrigerator, which maintains for many hours any temperature desired. A pail of hot water may be placed in one of its air-tight compartments, and it will continue to boil for half a day or more. Foods may be hurriedly heated to the boiling or broiling point at night and placed in the 'fireless cooker.' They will continue to cook throughout the night, while the housewife sleeps, and will be steaming hot for breakfast in the morning.

"This is not a magic dream," exclaimed the cook. "It is an accomplished fact. The housewife of the future will merely push a button. A vessel or compartment will almost instantly be heated to the desired temperature. The 'fireless cooker' will maintain the heat, the food will cook—and dinner will be ready."

"Modern science has come at last to the rescue of the housekeeper," exclaimed the Story-teller. "The art of cooking has become one of the Fine Arts. It is being taught in our schools. It is a part of our education. There are Domestic Science courses in our colleges. The cook is no longer the 'woman in the kitchen.' She is to-day the 'woman on the throne.' The woman who cannot cook is a woman of gross ignorance; the woman who can cook is mistress of all she surveys."

As the cook finished her story, one of the diners sprang to his feet.

"Three cheers for the American housewife," he shouted—and the room rang with an enthusiastic tribute.

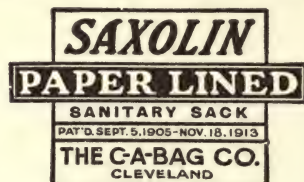
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of any sort can touch the flour.

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It Reaches You Full Weight
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Ask for Flour in Saxolin Sacks

**The Sack that keeps the
Flour *IN* and the Dirt *OUT***

The Cleveland-Akron Bag Co.
Cleveland



HOUSEWIVES VICTORIES

(Continued from page 86)

tion of power. It is so powerful, indeed, that it is attracting enemies. These enemies realize that the great work of the Housewives League is endangering their own questionable business methods and that it is a war of the "survival of the fittest." It is sufficient to issue at this time this declaration to all foes:

The Housewives League is in the fight to triumph over every element that menaces the American homes: It is your best friend if you are honest—it invites your enmity if you are dishonest. Justice will triumph!

How to Make Cranberry Jelly

CRANBERRY jelly for filling the tarts is made by using one quart of cranberries, one cup of water and two cups of sugar.

Wash the berries thoroughly. Put them into a saucepan with the water and boil them about ten minutes. Stir the berries frequently while cooking to prevent sticking to the bottom and to crush the berries so all the juice will come out.

When the berries are soft, remove from the fire and rub them through a wire strainer to remove the skins. Put them back in the saucepan, add the sugar and stir till it is dissolved. Then let the mixture cook about five minutes.

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JOHN CURTISS,
Publisher.

Sworn to and subscribed before me this 14th day of October, 1915.

[SEAL.] C. J. OLIPHANT,
Notary Public.

Certificate filed in New York County, No. 55.
(My commission expires May 30, 1917.)

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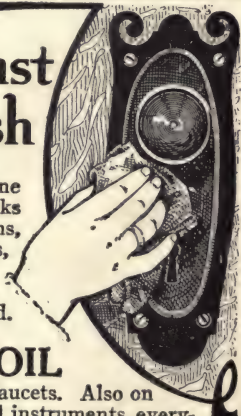
Sold in hardware, drug, grocery, housefurnishing and general stores: 1 oz., 10c; 3 oz., 25c; 8 oz. (½ pt.), 50c. Also in Handy Oil Cans, 3½ oz., 25c. If your dealer does not have these cans, we will send one by parcel post, full of 3-in-One, for 30c.

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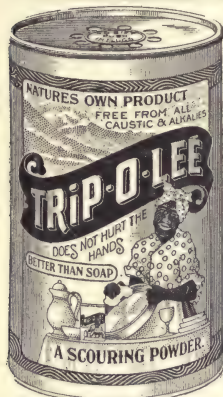
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BERLINER TEA MATZOTHS
SOLD EVERYWHERE

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LECTURE ON SEWING

(Continued from page 49)

men in history and of all the wonderful things they did?" he was asked.

"No," he said. "What do I care about antique kings who went around killing each other? That's what we learn in history."

If this boy had been taught some of the live, interesting facts about manufacture and events that relate to his own time instead of how kings used to kill each other, he would undoubtedly have been less bored with his history lessons. And the same is true of sewing. If the girls are taught the romance of sewing, and made to feel how wonderful it is to be skillful, they take far greater interest in the work. The subject becomes alive to them.

Girls can be helped along the rough spots of sewing by encouraging the instinct of self-adornment. To some people this may seem a wrong course to pursue.

Every girl should be made to feel proud of her personal appearance.

Knowledge is Power—and Money

WE are not apt to appreciate what we do not understand. Many women object to paying \$2.50 a day to a sewing woman because they cannot see that her work is worth that much. They willingly pay \$1.50 to the woman who washes and cleans, for they know something about cleaning and appreciate the work involved. But they do not understand sewing, and hence are unwilling to pay for it, not realizing that sewing takes more intelligence and is a greater strain on the woman than cleaning.

Appreciation of the worth of sewing is something that must be taught, just as appreciation of classical music is taught. If one who declares he does not like classical music is taken first to a light concert or an opera and gradually made acquainted with heavy music, he will find, after a while, that he has learned to love heavy music.

Teach your daughter by stages, and she will learn to appreciate the value of dressing well and of knowing how to design and create her own gowns.



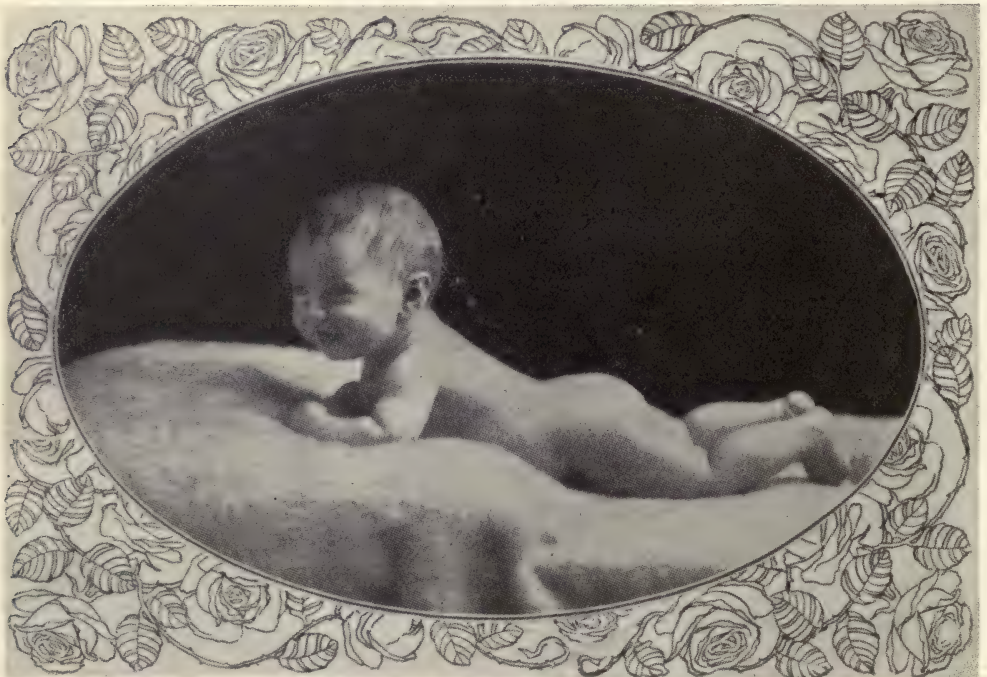
FIRST GREAT HOUSEWIFE OF THE AMERICAN NATION

Engraving of Martha Washington

Washington's Birthday Number of The Housewives League Magazine



"MOTHER AND BABE"—Photographic Study on Beauty of Child Life.
 Photograph by International News—Copyright 1915



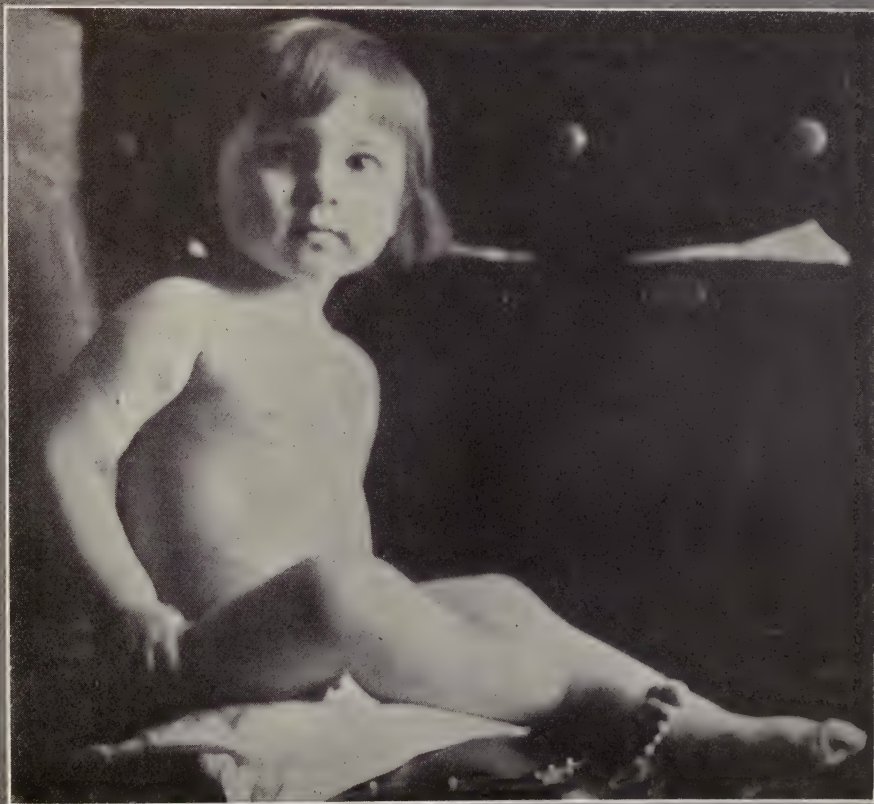
"YOUNG AMERICA"—Read special article on "Save the Babies" in this issue of The Housewives League Magazine

HOUSEWIVES
LEAGUE MAGAZINE

SUPERVISING
EDITOR
MRS
JULIAN HEATH

MANAGING
EDITOR
MRS CLARA
BICKFORD-MILLER

VOLUME VII February, 1916 NUMBER 2



"THE FUTURE HOUSEWIFE,"
Photographic Study of the Little Mothers of the Coming Generations
Photograph by International News—Copyright 1915



Help to Save Beginning a Great

More than 1,500,000 children under ten years of age have died in the United States during the last four years. Why?

Three hundred thousand babies died last year before they had reached the age of twelve months. What is the cause?



HE National Housewives League and its chapters in the various states are coöperating with the government in the nation-wide campaign in protection of the babies—the future generations. The plan for this campaign is presented in this number of the Housewives League Magazine.



"SMILING POSTERITY"
Endangered by Ignorance

The campaign is under the direct charge of the Children's Bureau of the United States Department of Labor, with Julia C. Lathrop as chief. It was suggested by the General Federation of Women's Clubs. The week of March 4 to 11, 1916, is to be Baby Week and the coöperation of many public and voluntary agencies is assured.

Thousands of Babies Died Last Year

SAVE-THE-BABIES — this is the slogan for the great baby campaign that is now being organized. If conservation of resources and energy is the watchword of the whole nation at the present time, why not save the babies first!

The Federal government is exercising great care to preserve and protect our national forests so that there shall not be a shortage of wood in the future.

Manufacturers all over the country employ scores of chemists and scientists to experiment on what has heretofore been waste material, turning it wherever possible into usable commodities.

Laws are in effect in many of our states to compel employers to place certain safety guards on exposed parts of machines in order to so far as possible protect the workers from death due to injury. Yet in view of the fact that so many pains are taken to conserve re-



Photographs by International News.—Copyright, 1915.

the Babies

National Campaign

sources and usable materials and protect workers—human life is being neglected.

Three hundred thousand babies died last year before they had reached the age of twelve months.

The value of a single human life cannot be stated in mere dollars and cents. Who is there to say how much value one of these little ones who so uselessly are allowed to die each year might one day be to the nation.

We are very careful to conserve the things which mean financial gain, but are prone to neglect the country's greatest asset—the citizen of the future.

Through ignorance and carelessness they are allowed to die by the thousand—and we sit idly by and do next to nothing to prevent the ravages of IGNORANCE.

What Causes Infant Mortality

HAVING been made cognizant of this appalling yearly death rate we must cast about for a reason—for a reason there must surely be.

After a careful consideration of all factors and conditions of the problem we come to the conclusion that the following two factors are in the main responsible. First.—The babies are in many cases improperly nourished. Second.—They are not uncommonly improperly cared for.

Both these causes are the result of IGNORANCE on the part of the mothers. The mother did not know how to feed and care for the child properly during infancy.

We are now confronted with the problem of just how to disperse the knowledge which shall put at least a partial stop to this alarming condition.

A solution which it is hoped will do much to aid the babies of the country has been hit upon. From March 4th to 11th, 1916, there will be a nationwide observance known as "BABY WEEK."



"CHALLENGES THE WORLD"
Possibly a Future Statesman

Housewives Will Celebrate Baby Week



LITTLE MAN OF THE FUTURE
The Nation Depends Upon These Boys

Mothers Help to Save Babies

THE Federal Children's Bureau at Washington is coöperating with organizations all over the country. Women's clubs and different city Boards of Health everywhere are planning an educational campaign to save the babies by educating the mothers along the lines of proper feeding, clothing, and in fact all matters pertaining to the care of children.

Lectures and exhibits will be arranged for everywhere and mothers are urged to take every possible advantage of this

chance to learn the correct "why and wherefore" of baby raising.

It is not alone the babies of the poor who die because their mothers do not know how to care for them, but babies in every walk of life die year after year in the same unnecessary manner.

Therefore "Baby Week" has been instituted and the larger the number of women interested the greater the possibility of success for the undertaking.

Do your share to help, even if it is only a mite, and it does not in the least matter where you live—there are babies everywhere.

What Housewives League Will Do

THE National Housewives League will take a most active part in this observance, not alone through the agency of the hundreds of active members in all parts of the country, but there will be a special observance at the National Headquarters.

The League intends to go even a step further than the rest, and instead of just having a single week will make it "Baby Month" at Headquarters.

A programme of lectures for every day of the month is being made up, comprising some of the country's most prominent child-welfare experts and leading physicians and all questions relative to the care and feeding of children will be discussed from every angle by experts in their respective lines. In many cases these lectures will be illustrated, showing the way to do the right thing.

All matters relative to babies will be discussed; feeding, clothing, and diseases and their treatment.

A greater aggregation of baby knowledge and appliances will probably never have been gathered together at a single time.

All are invited to come and bring their friends. Even if you are not a mother you owe it to your country to put your heart and energy into this movement and make "Baby Week" a success wherever you live.

Message to the Housewives

By MRS. JULIAN HEATH

Founder and President of National Housewives League



ET TOGETHER—this is the watch-word of my message this month to our Housewives throughout the country. We are living in perilous times—there are wars and rumors of more wars. The men of the nation have momentous problems before them—great problems in finance, trade, diplomacy, statecraft. The future is in the balance. Their countries are calling upon them for wisdom and manhood—humanity pleads with them to forget malice and to clasp hands in universal brotherhood.

* * *

We women of America—we women united under the standard of the Housewives League—we, too, have our duty to perform to home and country. It is a duty equally as noble and fully as important as the duty of our men. It rests upon us to maintain the home in times of distress; to help sustain the business world as the buyers of the products which sustain life; to extend support and coöperation to the manhood of the nation—and to pledge our loyalty to our country.

* * *

OUR Housewives League is a great national movement for the protection and betterment of the home—and this means the welfare of the nation. Therefore, it is the organization of true patriots. It fights the economic battle for the defence of the family. Any woman who is loyal to the league will be loyal to her home and country—"United we stand, divided we fall!"

* * *

My message to you this month, therefore, is really but two words: "Get together." Let us forget self and stand shoulder to shoulder for the good of the great cause which we represent. We as individuals mean but little—but our cause, the work of our League, is one of the most important economic movements of the times.

* * *

May I suggest that on the week of Washington's Birthday the chapters in all the communities throughout the nation hold a "Get Together" meeting for the purpose of discussing and planning their work for the year before us, and especially to increase the membership of the organization—let us double our strength during 1916.

* * *



ET me extend to you all a real old-fashioned wish for a record-breaking year of personal prosperity and happiness during 1916. It may seem a little late in coming to you in this February number, but the real truth is that the past months have been so full with important work for the Housewives League and the pressure has been so great at National Headquarters that I could not get the time to write this message to you, although it was in my heart.

* * *

The great flood of Christmas cards and messages that came to me from our loyal members throughout the country showed me, however,

Get-Together "In Union There is Strength"

that I was not forgotten in the great stress of work, and I wish you all to know that you were not forgotten by me, and I wish to extend, though even late, my best wishes to you.

* * *

The new year lies ahead. In the year which has passed we have nothing to regret as an organization. We do regret, however, that we have not yet awakened every housewife in this land to the great importance of this work—to her great responsibility as the keeper of the American home.

* * *

It has been said that we are ahead of the times, that the women are not ready for such a great economic movement as this represents. Is this true? Personally, I do not think so, because I do believe that we have awakened hundreds of thousands of women to the fact that they *are* a great economic power, and the seed which has been sown is bearing fruit every day.

* * *

WE are pioneer workers, and pioneer work always means hard work. Don't think that we are in the least discouraged. We are not, because we are growing every day. The great first flush of interest which caught the women is over and now we must get down to close, intensive, plodding work, and we are going to plod all the harder and work all the harder until we do get all of the women of this country standing shoulder to shoulder for the protection of the home.

* * *

Let me repeat, the New Year lies ahead of us, and I call upon each and every member of the Housewives League and upon each and every woman in this country to take her housekeeping seriously, to realize her great responsibility as the keeper of the home. We housewives have a great responsibility and a great power.

* * *

Someone said: "To live means to buy, and to buy means to have power, and to have power brings with it a duty." This sentiment should sink deep into our hearts and minds, and we should recognize our power, our responsibility and our duty.

* * *

There has been a great awakening. One of our good members said the other day that "The Housewives League had made her find herself as a housewife." We have made the housewife class conscious, and this awakening has brought wonderful results, not only in our homes, but in the whole world of trade. It must, however, bring greater results, and you and I must help spread this awakening.

* * *

That is the message of the Housewives League—that is the inspiration that came to me some years ago and which I endeavored to pass on to the women of the world. Let us, therefore, in this year of 1916, push forward and not be satisfied until we have spread the awakening to the housewives to all the corners of the world.

* * *

"GET TOGETHER."

Get-Together Messages from States

MESSAGE from NEW YORK CITY—Housewives Power



THE Housewives League has meant to me intellectual awakening in that it has led me to perceive responsibility as a constructive force.

Demands of the home as concerns protecting family health, the encouragement of a cultural atmosphere in the home, the right use of the family income, demands such as these awaken the intellect. Recognizing them as inalienable home rights, keep them awake!

For the coming year my League is planning intensive study of these problems. We hope to establish a high standard of shop cleanliness and to *enlist the interest of the Mother's Associations of the Public Schools in our movement.*

The housewife as a home economist, an individual much alive to the needs of others, cannot narrow her scope to her immediate family. Her ardor embraces

all it can reach. What a power for civic good—housekeeping!

Ruskin so pleasingly pictures the woman as the individual in whose path flowers are strewn. Not, though, flowers strewn before her, but the blossoms which spring up behind her, where she treads. The Housewives League numbers hundreds of thousands of just such women, and well may our nation be proud.

Turning our thoughts futureward, the housewife of to-day, awakened both to the need and deed of efficient home management, will train the housewife of tomorrow to a sense of obligation and responsibility to progress. She too, will unflinchingly do her part in creating conditions which will make for able-minded and able-bodied manhood and womanhood.

DINA WEINSTEIN,
New York.

MESSAGE from ALBANY, N. Y.—Housewives Growth



AM glad to speak for the Housewives League, for I believe it to be one of the finest movements ever propagated.

Our League in Albany, which something over a year ago had 90 members now has an enrollment of 650—and is so well established that it will continue to grow simply because it “can’t help it.”

I consider it has been of great value in the community because it has aroused the women to a sense of their responsibility and to a knowledge of their opportunities.

It has helped to reduce the cost of living in our city for those who wished to take advantage of the opportunity. We had last year three coöperative sales, when we sold about one thousand dollars worth of produce, saving our members fifty per cent. on all purchases as compared with prices in the local retail stores on days of sales. These sales of course were merely educational as we realize

nothing can be permanent that is done through favor. This year, however, we are trying to put the work on a business basis so that it may be permanent.

In addition to a fine course of lectures (one meeting a month) we are trying to establish a school for maids, which thus far has proved very gratifying in attendance, and interest, and while I am a new chairman of the League, it is a section of my large department of Domestic Arts and Sciences of the Woman’s Club of Albany. My heart is in the work, as it always will be.

I have just organized a branch League in Clearfield, Pa. You will hear from it. Mrs. Frank B. Reed has been appointed chairman. I spoke before a crowded house yesterday in the Woman’s Club house. I believe there is field for splendid work.

HELEN S. RIDER,
Albany, N. Y.



MESSAGE from AUBURN, N. Y.—Housewives Success



WE have just passed our first birthday and are starting on our second year with the strength and optimism of the proverbial "two-year-old."

To me the most striking feature of our successful first year was the hearty co-operation and recognition we received from our municipal departments, public officials and wholesale and retail dealers. We have been able, in less than nine months, to secure wrapped bread, enforce the regulations for protection of food stuffs in our ancient, picturesque and unsanitary open market, witness the adoption of sanitary milk caps and raise the standard of inspection.

We stand for clean streets and yards and pure air in our public buildings and street cars. In other words, for a better, cleaner, healthier Auburn.

These are the things we are trying to do in our club. Through the efforts of our club a new sanitary code for the protection of food in our stores was secured for the city. We feel the influence of the club has been far reaching in many ways.

We hope to interest more housekeepers of the city and bring them into touch with the work of the Housewives League throughout the country.

LOUISE T. MONTGOMERY, *Auburn, N. Y.*,
President Housekeeper's Club.

MESSAGE from VIRGINIA—Housewives for Betterment



WILL give you the aim of our organization as given in our programs.

"We aim to make house-keeping an inspiring profession, instead of deadening drudgery."

Believing that the home is the most important factor in society, we stand for the betterment of conditions affecting it.

We stand for pure water, clean food and milk; for sanitary conditions in markets, bakeries and all sources of our food supplies.

We are starting a campaign for a new municipal market and when the matter

is presented to the Council we will have the endorsement of every prominent organization of women, and many of the men's.

One great value of the work is the realization, which it has brought to the women, that there is a definite connection between the condition of the corner grocery and the health of the family, and that housekeeping and home-making do not begin at the telephone and end at the table. Surely our future looks bright!

HELEN COWLES WHITEHEAD,
Norfolk, Virginia.

MESSAGE from HUDSON, N. Y.—Housewives Helpfulness



THE Housewives League breathes the spirit of mutual helpfulness. The good work of its founder and other devoted women has the true coöperative idea—the subordination of individual ambition to the welfare of society—and has intensified my desire to be of still more real value to my co-workers, the teneiment women, *in trying to make our community a better place in which to live.*

Our League has been actively interested in better shop and home sanitation; it has also conducted a cooking class, thus learning food values in pursuance of their efforts to reduce the cost of living; and it has organized a Buying Club, resulting in a saving of about twenty-five per cent. They are now looking forward to the possible establishment of a coöperative store.

ANNIE S. BROMLEY,
Hudson Guild, New York.



Shall We Eat Horse Meat?

This Question Must Now Be Answered.

By FRANCES WELD BARROWS

Associate Editor of The Housewives League Magazine

Shall we eat horse meat? The question is rather startling, but it is one that we must decide sooner or later. The discussion arises now because of the position just taken in New York in favor of horse meat. It is not our purpose to argue the problem at this time, but merely to state the facts on both sides. It will undoubtedly be the subject of bitter conflict in many cities throughout the country and the decision will be left to the Boards of Health in the various communities.



HOUSEWIVES in New York City received somewhat of a shock a few weeks ago when the city's Board of Health issued an announcement to the effect that the use of horse meat as suitable food for human consumption is hereafter to be recognized—even recommended—by the Board.

This radical departure from the traditional viewpoint concerning horse flesh as food was made at a recent meeting of the Board of Health when it was voted to revoke that section of the Sanitary Code which forbade the sale of horse meat.

Up to this time no horse meat has been allowed within the city limits. Hereafter, horse flesh, if it fulfills the requirements of the Board of Health, can be brought to the city and offered for sale.

The general attitude in Europe toward horse meat is not at all what it is in this country. In certain localities in Europe the horse is classed among the available sources of meat without question.

In Paris, Berlin and Brussels horse meat has long been sold openly, with

no attempt to conceal its real nature or to pass it off for other kinds of meat. In Paris, before the outbreak of the war, its use was so prevalent that an average of two hundred horses a day were being slaughtered to supply the demand for horse meat.

Horse Meat Commonly Used In Europe

IN some European towns there are special horse-meat stores which are devoted exclusively to the sale of horse flesh. To these stores the thrifty housewives go to pick out their cuts of horse meat, with as little concern as American housewives would feel in going to their own butcher shops.

Among the poor and middle classes in Europe horse meat is looked upon as an economical and nourishing form of food and is considered especially valuable for such dishes as stews, for which the cheaper cuts of meat are commonly sought.

Wherever it has been tried out, of course under proper governmental supervision, horse meat has been found to be cheaper than most other meats, entirely palatable and absolutely safe and healthful.

American Sentiment Against Its Use

IN the United States we have not found it easy to accustom ourselves to the idea of eating horse meat. On the contrary, in most places in this country there has always been, not only a decided public sentiment against its use, but strict regulation forbidding its sale.

This has been chiefly for the sake of guarding against the fraudulent sale of horse meat under the guise of other meats, however, and not because of any inherent danger in the meat itself.



HORSES BEING LED TO SLAUGHTER

Photograph by Brown Bros.—Copyright 1915

The question of using horse meat as food is not a new one. It has cropped up at intervals during a number of years, but has quickly died down through lack of interest. When the present war broke out and a food shortage was threatened, there was some discussion about it, but nothing was done.

Now it is before us again, and this time something has been done. The ban has been lifted in New York City and horse meat has become a legitimate form of food. Whether or not it will become a popular food remains to be seen.

The placing of horse meat on the list of legitimate foods in New York City was the result of a visit to Europe made by Dr. E. B. Ackerman, a delegate from the New York City Department of Health to the Veterinary Congress in London, during the Summer of 1914.

While in Europe, Dr. Ackerman was on the alert to discover any phase of European life which might prove useful to the Department of Health, and when he ran across the sale of horse meat as food he lost no time in investigating the matter.

He found the thrifty inhabitants of some of the French, Belgian and German towns habitually making use of horse meat.

He investigated the slaughter houses and the conditions under which the meat was offered for sale and found that it was done with the sanction of the Government in all cases, that the laws regulating the sale of meat were being complied with and that the meat sold was not diseased nor injurious in any way.

Further investigation revealed that the meat was nourishing, palatable and less expensive than other forms of meat.

The results of his investigation brought Dr. Ackerman to the conclusion that there was no good reason why horse meat should not be used for human food.

Accordingly, upon his return to New York City, he presented his convictions upon the use of horse meat to the Board of Health and after careful deliberation the Board finally decided to remove the time-honored ban on horse flesh and to recommend its use as a cheap source of proteid food.

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Battles for the Housewives

What the Government Is Doing to Protect Our Homes

By JUDSON H. NEWBERRY

Every housewife should watch the sessions of Congress, which are now convening. You should also keep posted on the bills before your own State Legislature. It is in these law-making bodies that the statutes are enacted which affect our homes, the cost of living, and the whole well-being of our families.

The executive officers at the National Headquarters of the Housewives League keep close guard over these legislative matters, but it is the duty of every housewife to be watchful. Coöperate with us on these vital matters and inform us whenever you feel that the home is being endangered or threatened by unjust bills.



WO oleomargarine bills, one emanating from the Commissioner of Internal Revenue and the other from the National Dairy Union, are to be brought before Congress at the present session and it is to be hoped that something will at last be done to put this important and rapidly growing industry upon a satisfactory basis.

The recommendations of the Commissioner of Internal Revenue are included in the annual report of the Secretary of the Treasury, which has just been issued, and are a repetition of similar proposals which have been made every year for some time by this department, under Republican and Democratic administrations alike.

Under the present law colored oleo is taxed ten cents a pound, while the retailer who wishes to sell it must take out an annual license at a cost of forty-eight dollars. The tax on the uncolored product is only a quarter of a cent, while the license to sell it costs only six dollars.

The proposal of the Commissioner of

Internal Revenue is that there should be no differentiation between the two products; that both should pay a tax of two or three cents a pound; that a uniform tax of two dollars and forty cents per annum should be levied on the retailers who handle either kind, regardless of its color; and that the products should be sold only in original packages of sizes to be fixed by law, each of which shall bear the tax-paid stamps and whatever markings are necessary to identify clearly the character of the contents.

Shall Oleomargarine Be White

THE National Dairy Union proposes to forbid the manufacture of oleomargarine "in imitation or semblance of any shade of yellow," and its bill strictly defines, according to accurate scientific standards, the degree of whiteness which it must attain.

This particularity is due to the fact that it has been found possible to produce yellow oleo, not by the addition of artificial coloring matter, but by the use of naturally yellow materials.

This practice has been the subject of considerable litigation and has been held to be legal in New York State, where the courts ruled that the law prohibiting the sale or manufacture of any commodity made in imitation or semblance of butter did not compel makers of a butter substitute to "consciously choose ingredients having a shade of color that will not produce that of butter."

Pennsylvania, however, has adopted a standard similar to that of the Dairy Union.

The Union further proposes to limit the quantity of butter fat that may be mixed with oleo to five per cent, to impose a tax of one cent a pound upon the product and to make it subject to State

Great Activity For Pure Food Laws

laws, whether sold in the original package or not.

Whatever may be thought of the merits of these two proposals there can be no difference of opinion about the necessity for doing something. The present law satisfies nobody.

The consumer does not like it, because he or she does not see why a wholesome and widely used article of food should be taxed, particularly in these times of economic stress.

The manufacturer resents it bitterly because he can see no good reason why he should be compelled to pay a tax of nine and three-quarters cents for the privilege of coloring his product when the dairyman is allowed to color his butter without let or hindrance, and most other food manufacturers may do the same if they only state the fact on the label.

The dairy interests are equally dissatisfied because they believe that so long as oleo is colored it will be sold, in a great number of instances, as butter, thus competing unfairly with their own product.

The food officials also dislike the law because of the apparent impossibility of enforcing it and the endless litigation and trouble to which it has led. As far as estimates can be made the Federal Treasury has lost at least twenty-seven million dollars in stamps and license fees since the present law went into effect, the amount of unpaid taxes amounting in four cases alone to \$17,632,410.47.

The Need of Individual Package

THESE figures indicate that two hundred million pounds of colored oleo have been sold at the lower tax rate, and it is believed, according to the official statement, that "a great proportion of this product reached consumers as butter." It is officially stated also that the great financial profit of such transactions, combined with comparative immunity

from detection, have "induced thousands of otherwise reputable grocers, marketmen and dealers to engage in the nefarious business of defrauding the Government of its revenue and perpetrating fraud on their customers."

Great activity has been shown during the past year by the Commissioner of Internal Revenue, under the direction of the Secretary of the Treasury, in enforcing the oleomargarine law, and it is announced that so long as it remains in force this activity will be continued. Such enforcement, say the Federal officials, means "much to the American farmer, whose butter cannot compete in price with oleomargarine when sold as butter and on which the government has been defrauded of nine and three-quarters or ten cents per pound; much to the honest manufacturer of oleomargarine; much to the consuming public, who have been deceived and have been buying oleomargarine for butter; and much also to the revenue of the Treasury."

What About Patent Medicines

A BITTER fight, which is expected to develop into a national campaign for the protection of the interests of the makers of proprietary medicines, has been precipitated by an ordinance of the New York City Board of Health which went into effect at the beginning of the year and which requires the manufacturers of the medicines in question to declare the ingredients on the package or file them with the Board.

The manufacturers have organized to test the constitutionality of the ordinance and have applied for an injunction pending the necessary litigation. Several suits in which various aspects of the case at issue will be raised will be begun at once. At the same time a number of drug firms, including the operators of a large system of chain stores, have notified the Board of Health that they intend to comply with the ordinance.



FORMAL PARLOR SHOWING WELL-BALANCED ARRANGEMENT OF THE FURNITURE

How to Furnish Your Home

Suggestions for Parlors

By VIRGINIA EARLE

Editor of the Home Decoration Department of The Housewives League Magazine



HERE is no getting away from the fact that rooms are ever so much like the people who make them. And the parlors and drawing-rooms of our friends are no exception to the rule.

Do they not always, if you look closely, bear a striking resemblance to the company manners of those who furnished them?

There is, for instance, the woman who meets your ideal as a gracious hostess; the sympathy of her smile; the sincerity of her greeting; the countless little

things that bespeak culture and gentle breeding in all that she says and does; her rare tact and simple charm—and do we not find that her drawing-room, too, by its thoughtful arrangement of furniture and in the many small things which seem to put everyone at ease, as well as by its wholesome sincerity in every showing of art, is a pretty sure index to the character of its mistress?

Then take the parlor that is uncomfortably stiff though possibly everything in it is good and unquestionably "correct"; how often you will find that it be-



ATTRACTIVE MUSIC ROOM, BUT SOFA SHOULD BE REMOVED FROM UNDER HEAVY PAINTING



ATMOSPHERE OF EASE IN INFORMAL PARLOR AND MUSIC ROOM WITH PLANTS AND BOOKS



DELIGHTFUL USE OF COLONIAL FURNITURE IN PARLOR OF A SUBURBAN HOME



DIGNITY, RESTRAINT, COMFORT IN APARTMENT FURNISHED BY B. RUSSEL HERTS. NEW YORK



The Drawing Room Reflects the Woman

longs to a woman who, as is sometimes said, is "perfectly fine when you come to know her," but, on first acquaintance, formal to the point of being almost formidable.

You know many such women; and, alas! many such parlors! And so we might go on drawing similes between rooms and their makers, but I will leave the rest to your own imagination.

Does Your Drawing Room Reflect You?

THE point is that we cannot spend too careful thought upon the furnishing of our parlors, or drawing-rooms, for here it is that a woman gives unmistakable evidence of the position she is qualified to fill in the social world.

Here, while the unexpected, or "first-time," caller waits for the hostess to appear, the character of her reception room makes perfectly plain whether or not she understands the underlying principles of good taste and the fine art of social intercourse—and *first impressions strike deep; it is hard to forget!*

It is not enough to merely assemble in the parlor, as so many women do, their costliest possessions, seeming to think that the room was designed for exhibition purposes rather than for the cultivation of friendly relations.

If a woman is sincere in purpose and follows the dictates of her own head and heart, rather than blindly attempting to copy the latest vogue in furnishing her drawing-room, the room itself will, of course, be sincere; will have character and unmistakable distinction.

Alas! that we should so often be ushered into a room which has no more character than a jelly fish; no more stability of purpose; a room which gives one a feeling akin to that of meeting a person whose hand-shake is merely a limp, unresponsive matter of form. And often we see the sorry spectacle of the hostess ill at ease among her own surroundings for the simple reason that nothing in the parlor is an honest reflection of her real self.

Evolution of the Parlor

IT seems indeed a far cry back to the old-fashioned "best" parlor with its horsehair furniture, its crochet tidies and family album; the room whose forbidding windows admitted no ray of sunshine except when the minister came to call, or on other equally important occasions.

Most of us can look back on that other senseless parlor of the next generation; the parlor that became resplendent in red plush and fancywork; the parlor which strove above all things else to be "stylish"; which displayed a fringed, draped and gold-embroidered silk scarf on the mantel-piece or piano top.

In those days the wax flowers under the glass dome and the picture of "George Washington Crossing the Delaware"—the two almost indispensable ornaments in the earlier horsehair parlor—were scornfully banished and in their place the superior daughters of the former generation displayed at least one large picture bought chiefly on account of its decorative frame, and a lamp painted with rose garlands and cupids was invariably placed on a much-carved, or gilt and onyx-top, table set between the front windows for the benefit of passers-by.

But even this order of things gave way to another, and this time when "daughter" married and came to furnish a parlor of her own, that poor, much-abused room was converted into a sham imitation of a fine French drawing-room.

It was a room hung with a costly paper, richly embossed, hard and shiny of surface; a cold, pale, repellent green or a brilliant rose color; there were few exceptions to the rule. And each window was curtained three rows deep.

The furniture was a suit of heavy upholstery, also green or rose, usually bedecked with impressive fringe and cords and tassels, and, in addition to the tufted pieces, were more or less spindle-leg gilt chairs.

Comfort in the Modern Reception Room

Can we forget the onyx-top center table holding its large gilt and rhinestone studded photograph frame, its cut-glass flower vase—usually empty—and the carved ivory paper knife?

Perhaps the table was unpretentious, where economy demanded some sacrifice, but where, oh where would the parlor of only a little while ago have been without its curio cabinet? And to describe the curious things displayed therein and thereon would fill a column of print!

Finally, there was the brilliant chandelier and the brilliant, glaring white light that made the final touch of discomfort in this poor little parlor where

everything strove to be brilliant, sparkling and fine.

It is well to recall such details, for remember it was ever so few years ago that we committed these gilt and brocade sins in the name of hospitality and art.

The question is; where, after these various steps in its evolution does the parlor stand to-day?

The parlor, or drawing-room, or reception-room, however you may choose to designate that particular best room in your home which is set apart for the formal entertainment of guests and which in many homes, even to-day, by any other name would be as drear!—I use the adjective thoughtfully for, ac-



QUAINT AND UNUSUAL PARLOR OF DISTINCTION IN COUNTRY HOME
The motif of chintz and color scheme was inspired by Chinese vase on mantelpiece



Make Your Home Livable and Lovable

cording to the dictionary definition of this word, "drear," means "comfortless," and it seems to me that exactly describes many a parlor in fine homes as well as in small.

Are Your Rooms Livable and Lovable

The trouble is that in six cases out of ten the parlor has no real meaning because it plays no real part in the life of the household; because in the scheme of that particular household there is no important function *for* it to fulfill; a formal room in a home where no formal entertaining is ever done and furnished in a way which makes it quite impossible for any other social use.

Yet in homes where economy is practiced the extravagance of a room like this has been, until very lately, taken as a matter of course. Father paid the bill as a mater of duty and, as a consequence, the curse of the "best" room has hung over the typical American home these many years! But we are learning, fast learning better.

In by far the majority of our newly built homes there is either no attempt at a "best" and formal room at all, or, if a room is especially set aside for the reception of visitors it is made as comfortable, livable and lovable as any other room in the house.

We are learning at last that every room in the home should be in the finer meaning of the word, a living-room; that no other kind is ever in good taste.

And this is not to underestimate for a moment the important function of a parlor or drawing-room—though we like better to use the old English term "withdrawing room"—even in modest little homes if only one can be had without the sacrifice of more important things to make it possible.

Our point is that where only *one* room in a house can be spared for recreation and leisure hours, as is usually the case in apartment-house city homes, it is worse than senseless to inflict a green-

and-gold or a rose-and-white product on the family.

The woman who offers her husband a brocade-covered arm chair by the side of a fragile or easily marred table for the enjoyment of his evening paper and cigar, meets her just deserts if he shows a preference for the comfortable furniture at his club.

By all means let your home have its parlor or drawing-room if you possibly can afford the space.

Such a room is naturally more in accord with the ethics of good taste and refinement than to usher every caller into the more intimate atmosphere of the family living-room.

Beside, when a friend comes to call upon some one member of a household there is no reason why the other members of that family, who have perhaps gathered in the living-room in pursuit of their individual interests, should have their quiet pursuit of work or pleasure intruded upon.

It is indeed but another evidence of that curse of the useless parlor when we find the host or hostess hurrying his or her caller into the family living-room, so that they may really enjoy a friendly chat, and immediately "brother" or "father," who has already settled down there with work or a book, must needs flee to the refuge of the bedroom instead.

We have so long associated the word "parlor" with a room of uncomfortable chairs, perishable furbelows, glaring lights and a forced attempt at grandeur and elegance, that it is hard for many of us to think of it in any other way.

We have grown up with a mental picture of a parlor as a place which chills the heart and discourages the enjoyment of any serious talk; a room from which we flee by common instinct whenever we can take our friends into "the other room."

So it is not strange, since the pendulum never goes to one extreme without swinging clear over to the other, that the

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Shall We Have a New Coin?

Movement for a Two and One Half Cent Piece

Interesting Discussions before the Housewives League

Here is an interesting question for every housewife: Did it ever occur to you when you were buying that we have no coin between the one-cent piece and the nickel? Do you ever feel the need of a coin somewhere between these two values? What do you think of a 2½-cent piece? Would it be an aid in shopping?



HIS question of starting a campaign for a new 2½-cent piece was recently raised by the Housewives League in Texas. It has also been discussed by the Housewives League in Pennsylvania. At a recent meeting of the chapter in Erie the following resolutions were passed:

"Resolved that the Housewives League of Erie, realizing the benefit of a fractional coin to the ordinary shopper, recommends to the National Housewives League, the advisability of bringing the matter to the attention of Congress."

In explanation and support of our ideas, we present the following for the consideration of our Housewives in our official magazine:

Argument for the 2½-Cent Piece

WE present this argument in favor of the proposed 2½-cent piece because we know that the aim of the Housewives League is not a selfish aim, but is for the betterment of all housewives and the hundred millions of consumers for whom they make the numerous purchases needed for the homes of our Nation.

Fair dealing and economical measures in doing the most and the best we can,

with the usually hard earned dollars entrusted to us, and all co-workers in our every-day routine as housewives is the chief aim of our organization.

The tasks of the housewife are legion, and are too often undertaken with little, if any, knowledge, teaching or experience, and too often without capital or income to warrant the undertaking of responsibilities—may we say the greatest and the most far-reaching of any in human experience.

These responsibilities require no enumeration. You, Mr. Man, may never have given the housewife's duties a thought; if not, just focus your mind long enough on this question to get a general outline of the duties of the woman to whom you entrust your money for household uses, and you will find the Eighth Wonder of the World right in your own home.

Get the Most and Best for Your Money

THE first principle of economy is to get the most and best in needful purchasing for our dollar, and also, not least, to get our right change back. The latter part is the topic of this, our argument.

We have as a nation a most satisfactory, if not a complete, issue in current notes. Compare the bank notes of today with the issue of the private banks of only fifty years ago when it was unsafe to accept any bill without first going to a published detector to ascertain its quoted value.

There you discovered what the note was worth when that detector was published, but of its value the day it came into your hands you were totally ignorant. The usual quotations of the value



Would a New Coin Help Housewives?

of those dollars were fifty cents, perhaps up to eighty-five or ninety, often nothing. The bill itself issued in some distant State, it may be, was usually on inferior paper, filthy and unsanitary.

Compare this chaotic condition with the currency of our country at present and imagine the difference, if you can.

Coin Famine Fifty Years Ago

THERE were no silver or gold coins in circulation then, and even pennies were at a premium.

We often were glad to give five or ten-cent premiums for a dollar's worth of pennies. As a remedy many retailers had metal substitutes for the same made somewhat similar to the government penny, but stamped as a "promise to pay" by the individual, for example: "due one cent by Mr. Kutup, the butcher; Mr. Kneadem, the baker, or Mr. Socket, the candlestick-maker."

These were soon stopped, however, by the government. We then had the shimplasters, three-cent, five-cent, ten-cent, fifteen-cent, twenty-five-cent, fifty-cent and seventy-five-cent.

These carried us through the coin famine. Then the modern coinage began its struggles for acceptance; not in value but in denominations of fitness to the needs of our people.

The Treasury recognized the need of an issue between the one-cent and five-cent coin and to remedy this the three-cent script had a place, but was soon retired. Then the small three-cent silver piece, not much larger than the widow's mite, which proved too small for general use.

Then the two-cent copper coin, also the three-cent coin similar in appearance to the ten-cent silver piece, and that became so thoroughly unpopular that it has disappeared from circulation. The need for an intermediate coin grows from day to day as our population and business expand.

WE think that the failures in smaller coinage could be remedied permanently by the issue of a two-and-a-half cent coin, which would complete our decimal system and would be a great convenience and a vast saving to our entire nation of housewives.

Let us illustrate the continuous and universal loss entailed by the absence of a two-and-a-half cent coin which the housewife meets continually in every department of trade.

For instance, she buys a half ounce, pound, yard, quart, dozen or other measure at five cents. For this she pays three cents, not two and a half cents.

For $1\frac{1}{2}$ ounces, pounds, yards, quarts, dozen, etc., she pays....	8 not $7\frac{1}{2}$
For $\frac{1}{2}$ at 7 a pound, yard, quart, dozen, etc., she pays.....	4 not $3\frac{1}{2}$
For $\frac{1}{4}$ at 10 a pound, yard, quart, dozen, etc., she pays.....	3 not $2\frac{1}{2}$
For $\frac{3}{4}$ at 10 a pound, yard, quart, dozen, etc., she pays.....	8 not $7\frac{1}{2}$
For $\frac{1}{2}$ at 9 a pound, yard, quart, dozen, etc., she pays.....	5 not $4\frac{1}{2}$
For $1\frac{1}{2}$ at 9 a pound, yard, quart, dozen, etc., she pays.....	14 not $13\frac{1}{2}$
For $\frac{1}{2}$ at 15 a pound, yard, quart, dozen, etc., she pays.....	8 not $7\frac{1}{2}$

In this illustration she pays fifty-three cents for forty-nine cents' worth of goods, or about eight per cent more than she ought to, or at the rate of about eight cents on the dollar, or one cent on every shilling of, it may be, the scant earnings of self or husband, and that simply and only because we have no coinage to permit it otherwise.

Merchant Would Welcome Small Coin

THE merchant is not to blame for this. He would gladly give the right change if he could, but he cannot give two-and-a-half cents' worth of goods for two cents; he must have three; nor three-and-a-half cents' worth of goods for three; he must have four.

His business could not afford an eight

(Continued on page 88)

What Shall We Do With Our Boys

Humor in the Home


By ROBERT S. SEEDS, Chautauqua Lecturer

Excerpts from Address Before Farmers' Normal Institute in Pennsylvania

This is the second article in series: "Why Don't You Go Home?"

"What Shall We Do With Our Boys?" This is one of the first problems of every home which is fortunate enough to possess the rich inheritance of a son.

THE HOUSEWIVES LEAGUE MAGAZINE is to present a series of articles on this subject from all parts of the country. Subscribers are requested to send letters and personal experiences on this vital problem. This second article of the series argues the necessity of radiant good nature—humor in the home, with utmost fellowship and absolute confidence between parent and sons. It is from an extemporaneous speech by Mr. Seeds, a well known lecturer, and radiates sunshine into these pages.



YOU can muster together a hundred people and they won't look at the home alike. It depends altogether on how you look at it and what you get out of it. I can put my hand on the shoulders of people who live longer in twenty-five years than other people would live if they should never die.

All because they get close to the life worth living.

Everything in this life depends on the point of view. Last winter when I lectured at Falls City, Neb., I landed at the hotel just before supper time. A man followed me from the office out to the wash room. He was a perfect stranger to me, but after a while he looked up and said:

"I tell you, I got a good one yesterday."

"What's that?" I asked.

"Why," he said, "a friend of mine was moving from one part of the city to the other part of it. He had an old family clock that had been handed down

for generations. He did not want to trust that clock in the hands of the drayman. So he picked up that old grandfather's clock and carried it across the city of Lincoln. It was heavy and every now and then he had to put the clock down and rest. A drunken man watched him carrying the clock across the city and followed him. When he put the clock down, the drunken man went up to him and said:

"Say, Mister, if I were you, I'd buy myself a watch."

I repeat—everything depends altogether on how you look at it; but when you talk about the home and the boy and the girl, you are getting down to material that is gilt-edged and has a gold stripe on every side of it.

NOW, what can be done to make our homes right? In one of our great states there are 11,000 applications for divorces, seeking the right and privilege to wipe out 11,000 homes in that state.

I want to tell you that a girl hasn't any right to get married until she can cook a good meal or boss the job.

She hasn't any right to get married until she can make a bed as neat and as nice as she can put up her hair, and tuck the covers in around the foot of the bed so a man's feet won't come out.

A young couple got married in Chicago and the young man didn't have much of a salary. He couldn't put a cook in the kitchen. This young wife stepped into the kitchen to cook for that young man. One day he came home and she'd cooked some doughnuts. She knew they were not good. When they sat down to the dinner table she looked across at her young husband and said:

"Harry, can you suggest anything that will make my doughnuts better?"

Harry said: "Yes, my dear, make the holes larger."



Good Nature and Sunshine in the Home

The trouble with the homes of this country is that the father and the mother don't take the children into partnership with them.

And do you know, I think the saddest thing I come across is where the relatives, including the children, take the old man out to the cemetery and plant him and can't wait till they get back to the house to see what the will says. They won't do that with me, I tell you that right now.

WHEN I made my will I sat down to the table. I didn't go and lock it up. I sat down to the table when Josephine was nine years of age and read my will to my family. That girl never told a word that was in it, not on your life she didn't. All the bouquet that I want, all the reward or honor I ask in this world when the race of life is run and I trot under the wire for the last time, is for my family to go to the sculptor and say: "Here lies Bob Seeds, he was good to his folks."

That's all I've got to live for. I've got two girls and I thank God from the bottom of my heart, if I would never get home those two girls can go out in the world and make a living. They can cook a meal. And they are both going to Europe four weeks from to-day, and so far they haven't asked the old man for a dollar.

If anything happens to me, they can go out into the world to-day and make a living and dress themselves without having a dollar left them. That's what I am trying to do with my boys, and the trouble with my boys—I've got four of them—is that when I educate a boy and send him away from home, I can't keep him away from home.

These are the things that go to make up a home.

I have always tried to take sunshine into my home. I try to live at home the way I talk about living at home when I am away from home.

I want to tell you to take sunshine into

your home. I've carried the sunshine back that I have talked about for years, and I am going to keep on carrying it—and my family catches it.

I THANK God from the bottom of my heart every twenty minutes that you can't buy happiness and health with money. I wouldn't give my stomach for John D. Rockefeller's and all the millions he's got. Why John D. would give millions of dollars to be able to say what the poor tramp said who begged the loaf of bread from the lady at the kitchen door. He put the loaf under his arm and started down the street. The loaf worked around until after a while it fell to the ground and a dog ran up and got it. Down the street the dog went with the loaf of bread. The hungry man looked after the dog and said:

"All right, take it and thank the Lord you haven't got my appetite."

There never was a boy or a dog that ran away from home when they had a square deal—never in the world.

So let's make this home what it ought to be. It's no use spending a lot of money. Lots of people don't think anything about money—humor is better than money. When I'm away, if anything comes into my home that creates a laugh, they save it till I get home.

Let's laugh now. I was going down Chestnut Street, Philadelphia, last winter. A man came up to me and pulled my coat and said:

"Seeds, I'd like to ask you a question."

"What do you want to ask me now?"

"What's worse than finding a worm in an apple?"

I said: "Finding two worms."

"No, that won't do."

I said: "If finding two worms is not worse than finding one worm, I don't know; I'll give it up. What is worse than finding a worm in an apple?"

"Finding half a worm," he answered philosophically.

I CAN go into any man's home and sit down at the table with him and with a

Have a Good Hearty Laugh Every Day

smile on my face eat mush and milk with him and relish it.

An old duffer went down to Philadelphia to the Bingham House. The only room he could get was one with a bath in it; so he got the room with the bath and spent the night in that room with that tub. The next day he met one of his friends from up in his country, and after shaking hands with him he said:

"I tell you what, you ought to have seen the room I had last night. I had the greatest room you ever saw; I had a room with a bath, porcelain-lined bath tub, hot and cold water, and all the towels I needed. Oh, but didn't I wish it had been Saturday night!"

I want to tell you, my dear friends, that when you get your home right you've got an inheritance.

I get into communities where I wouldn't have my six children grow up for five of the best farms in it, showing the power of influence and the power of environment and the power of surroundings.

When the home is all right—I can pin this down by telling you of two young men who graduated at college; one started out to preach the gospel, the other got on a ship and went around the world as a mariner. His ship came back after sailing around the world and anchored in the harbor where his friend was preaching the gospel. The anchor wasn't more than cast when he said:

"I'm going up to see my friend, John, and see how he's getting along preaching the gospel. I believe I'll take my parrot along up with me."

So he started along with his parrot to see the preacher. He went in the house and set his parrot down on the center table. After shaking hands with the preacher he said:

"John, I've brought my parrot along, I want to show you what a great talker I've got. He's the greatest talker in the world."

"That's a queer coincidence," said the preacher. "I've got a parrot and I think

mine is the greatest talker in the world. I will go and bring him in and show you a parrot that can talk."

So the preacher went out and got his parrot and set it down on the table alongside of the sailor's parrot. The two birds sat there looking at each other for a while. And after a time the preacher's parrot said:

"What must we do to be saved?"

The sailor's parrot looked up quickly and shouted: "Pump like h—— or go to the bottom."

That shows the power of influence, the power of surroundings, and the power of the home.

It puts me in mind of two old fellows over in Pittsburgh. One old fellow read the description of a skyscraper they were going to put up in the city. After he read the account of this great building he met one of his friends and said:

"They allow to put up a building in Pittsburgh so gosh dang high that the top will reach most half way to the moon. It is going to be so consarned tall that folks bound for the top will have to have a pilot or they won't know where to stop. You'll wish for three days' rations, a change of clothes and socks when you start for the upper regions in that elevator box. There'll be so many stories to this building, goodness knows that a fellow couldn't count them on his fingers and his toes; and when one gits up to the garret, he will have to have a spy glass or he cannot see the town. The Allegheny Mountains then will dwindle out of sight; sky larks will get dizzy if they fly to such a height. The people must be going crazy; feet and yards are out of style; soon they'll have to measure buildings by the furlong and the mile.

With this let us have a few parting words: Live in a real home—not a skyscraper; live where the sun shines into your home; live to get happy—not rich; and have at least one good laugh every day with your family.

What Shall We Eat?

A GUIDE FOR HOUSEWIVES

Bulletin Prepared by Professor NEALE KNOWLES, Domestic Scientist

Under Direction of N. B. CRITCHFIELD, Secretary of Agriculture for Pennsylvania

Of all the important questions requiring our consideration, there are none affecting our condition for time more important than those relating to our food. "What shall we eat?" and "What shall we drink?" have been principal among the questions of the ages, and when supplemented with the question, "Wherewithal shall we be clothed?" they come near constituting the sum total of all that concerns a large proportion of our race.

Realizing the great importance of proper diet in building up strong and healthy bodies for the young and the preservation of health and comfort for both young and old, and wishing to afford all the help possible in this line to the busy homekeepers of our land, I have secured the preparation of the Bulletin by Prof. Neale Knowles, one whose training for the position of a Teacher of Domestic Economy in one of the leading Agricultural Colleges of the country has furnished special qualifications for the work.—N. B. Critchfield, Secretary of Agriculture.

Three Simple Daily Meals



It is the purpose of this Bulletin to consider the direct application of Domestic Science principles, to the best preparation of three simple meals each day. The aim is to present suggestions which are of practical value to any housekeeper; and which are, at the same time, based upon scientific investigation.

The present line of study and thought is constantly calling attention to the fact that the wise feeding of the family reacts not only upon the physical development of the family, but upon the mental as well.

We also feel assured that immorality and crime are very often directly traceable to a lack of wholesome food, properly served.

With these thoughts in mind, this bulletin urges every housekeeper to call, not only the hands, but the head and heart into service, and make the feeding of the family a process which is beyond criticism, because it does not fail to administer to the needs of that particular family and of each member of that family.

In order that the housekeeper shall meet the needs of her own family, with its characteristic conditions, there are certain points that she must consider and understand, and those points are subjects which will be taken up in the following pages. Foods will be considered under five different heads:

The Value of Each Class of Food to the Body; The Best Method of Preparing Food; The Food Which Is Best Adapted to Each Member of the Family; The Wise Combination of Foods and the Best Manner of Serving Foods.

Food as a Life-Giving Power

THE value of food depends upon its life-giving power to the body, as compared with its cost, the time required for digestion and the waste after digestion, and the energy taken from the body by the process of digestion.

The housekeeper who buys cucumbers at fifteen cents each in early spring does not take into consideration the fact that the cucumber is ninety-six per cent. water, and that, taking its cost into consideration, she is practicing an unpardonable breach of household economy, from the fact that the cucumber is so deficient in nutriment that it becomes an expensive food when its cost is considered.



How to Keep Strong and Healthy

Values of Classes of Foods

FOODS considered with regard to their life-giving power fall under five heads: First, those foods which build tissues and repair the daily waste; second, the fatty foods which give heat and energy; third, the hydrated foods which give heat and energy; fourth, those foods which strengthen the bone and purify the blood through their mineral salts; fifth, water, which dissolves food, and helps to carry it to all parts of the body. All these foods must enter into each meal, each day, and upon the extent to which they enter in the right proportion depends the proper feeding of the family.

Our common foods which enter into the simple three meals a day may be classified so as to fall under those five heads.

Our Tissue-Building Foods

WHILE it is true that each daily meal should contain a certain amount of each class of foods, it is also true that each class should be represented in an amount to suit the age and occupation of the person as well as to suit his physical condition and the climate in which he lives.

The amount of tissue-building food should increase with outdoor exercise.

The farmer, the lumberman and the active, growing boy are the people who can safely take an abundance of this class of food, because of the fresh air and exercise which they receive. The infant and the young child require only a small amount of this food, the small amount contained in milk being ample for the infant, and that, in connection with a soft-cooked egg or a bit of broth, is a sufficient amount for the child of three or four years.

The amount increases gradually from four to eight, but when we realize that for the child of nine four glasses of milk and an egg, with the usual vegetables, supply a sufficient amount for each day,

we see that the most common error is too much, rather than too little, tissue-building food.

From the age of nine there is a gradual increase in the tissue-building food required by the system, until the age of twenty-four is reached.

After that the amount decreases, until at eighty the amount is only slightly more than at the age of four. It is true that the person of forty, fifty, and sixty requires less of this food than at an earlier age, when the tissues were not fully developed.

It is true that the greatest per cent. of illness is caused by an accumulation of wastes in the body. It is also true that the tissue-building foods leave in the body a greater per cent. of wastes than any other class of foods. It follows, then, that an overuse of these foods overworks the excretory organs, and by that overwork they become so weakened that they are unable to perform their work properly and the wastes enter the blood as poisons. The diseases that most frequently result from this unwise choice of foods are rheumatism and kidney and liver troubles.

Heat and Energy-Giving Foods

THE heat and energy-giving foods that come under the head of hydrocarbons are most easily digested when uncooked, and are especially beneficial during the cold season, or when the system has been so debilitated by some illness or overwork that an easily digested energy-giver is especially needed. Cream, butter, yolk of egg, well-cooked bacon and olive oil are the foods that fall under this class. Other foods that are important energy-givers for the active worker are fat meats, nuts and cheese. These are less easily digested than the first list mentioned, and are for that reason more suited to the needs of the active worker.

The second class of heat and energy-giving foods is called carbohydrate foods. They occur chiefly as starches and sugars. The chief starchy foods are the



Scientific Chart of Food Values

Tissue-building Foods. (Proteids).....	<ul style="list-style-type: none"> Lean meat. Fish. White of egg. Milk. Cheese. Peas. Beans. Gluten in wheat.
Fatty, Heat and Energy-giving Foods. (Hydrocarbons).....	<ul style="list-style-type: none"> Cream. Yolk of egg. Fat meat. Olive oil. Oil of nuts.
Heat and Energy Foods. (Carbohydrates).....	<ul style="list-style-type: none"> Cereals..... Potatoes. Beets. Bananas. Carrots.
Water.....	<ul style="list-style-type: none"> Beverages. Fruit. Vegetables.
Mineral Matter.....	<ul style="list-style-type: none"> Fruits. Vegetables.

Corn.
 Rice.
 Wheat.
 Oats.
 Buckwheat.

cereals, corn, rice, wheat, oats and buckwheat. Peas, beans and potatoes also supply starch. The other vegetables that are of especial value as heat and energy-giving foods are sweet potatoes, parsnips, beets and carrots. Some fruits are of value for the heat and energy they give through the carbohydrates found in them, and chief among them are prunes, dates, figs, apples, apricots, raisins, bananas and cherries.

If too much of starch and sugar is taken fermentation takes place, and the acid formed interferes with digestion.

It is also true that the liver is overworked in preparing the digested starch and sugar for the blood, if the diet consists of too high a per cent. of these foods.

Value of Mineral Salts to Body

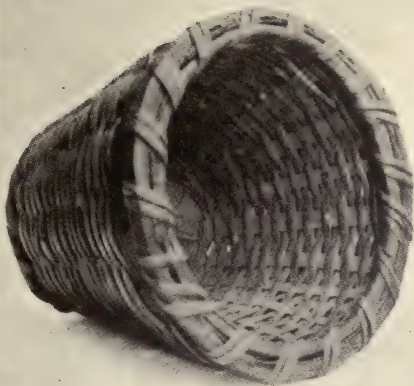
CERTAIN fruits and vegetables are of great value for the mineral salts which they give to the body. These mineral salts are of great importance, in that they help to strengthen the bone, and also aid in maintaining an alkaline condition of the blood. In other words, they prevent the accumulation of acid.

There are certain fruits and vegetables that supply a generous amount of mineral salts, and should for that reason enter into the diet very frequently. Among this class of foods I would mention apples, spinach, cabbage, celery, cauliflower, lemons, oranges, parsnips, carrots and turnips.

Value of Fruits and Vegetables

FRUITS and vegetables can hardly be overestimated, as regards their importance in the daily diet. They furnish starch and sugar, which are needed, as has been stated, in the generation of heat and energy. They act as stimulants to appetite and digestion, because of their characteristic flavor. They furnish mineral salts in abundance. They furnish a woody substance, called cellulose, which is not easily digested, but is of value because of the bulk which it gives to the food and the stimulating effect it has upon the excretory power of the intestines. Vegetables also add to the water supply, which never quite meets the needs of the body.

(Continued on page 90)



FRAUDULENT BASKET WITH SIDE PARTIALLY CUT AWAY EXPOSING SMALLER BASKET WOVEN INSIDE, MAKING FALSE SIDES AND BOTTOM

How to Protect the Home Against Fraudulent Measures

By S. W. STRATTON, Bureau of Standards

The warning given to housewives in the January issue of this magazine regarding fraudulent measurements in buying produce for our homes should save every reader many dollars during the year. It is now followed with valuable advice on how to protect yourself from these frauds.

Do you weigh the produce that comes into your home? Do you get what you pay for? Do you really know how to

find out whether you are being cheated?

Director Stratton, whose great work for the Government in behalf of the housewives has been set forth in these pages, is the leading authority on this subject. He has shown the housewives of this country how they can save far in excess of \$1,000,000 a year by protecting themselves from fraudulent measures. The following advice is from his official records.



SEVERAL varieties of scales for the purpose of household weighings are obtainable. A very convenient form is a hanging pan spring scale of about ten or twenty pounds capacity.

A scale of this type has several advantages. It automatically indicates the weight of articles placed upon it. It has, moreover, no loose weights which are liable to be mislaid.

It may be suspended from a bracket on the wall and therefore does not require table space.

If a folding bracket is employed to swing the scale back against the wall, no

space that can be otherwise utilized to advantage is required. A fairly accurate scale of this character can be purchased for a reasonable sum.

If table space is available, however, a counter beam scale of either the equal or unequal arm type may be preferred. This has the advantage of being more reliable. The cheaper ones do not automatically indicate the weight, but require the addition of loose weights or the moving of a sliding poise. Counter beam scales are usually higher in price than spring scales.

Another type of scale which is very suitable and which combines many of the



Measurements to Use in the Household

advantages of each of the types mentioned above, is a beam scale of the steel-yard type designed to hang from a bracket, and to fold back against the wall when not in use. Such a scale often has a larger capacity than the common forms of the types described above and thus may be used for every occasion which may arise. Scales of this construction, designed expressly for household use, are now on the market.

A type of spring scale has been much used in the past, namely, the so-called "family" scale, having the commodity pan or platform above the spring. Many of these are very cheap (often costing only \$1 or less) but have been found exceedingly inaccurate. Unless exceptionally well built and correspondingly higher in price, this type is useless in properly checking the weight of deliveries of commodities received.

Liquid Measures and Graduates

THE liquid measures should be cylindrical, or conical with the top diameter smaller than the bottom diameter, and made of metal, enameled ware, composition, or similar and suitable material. They should be strong and rigid enough to withstand ordinary usage without becoming bent, indented, or otherwise damaged.

The graduate may be cylindrical or conical in shape. The former is usually somewhat more accurate, while the latter is somewhat cheaper, is more easily cleaned, and can often be more readily procured. The graduation marks should be correctly placed and plainly numbered so as to indicate readily the capacity of the graduate at all points. They should also be straight, clear-cut, and of sufficient length to allow accurate readings to be made.

Dry Measures for Household

THE dry measures should be made of metal, or of well-varnished wood with a metal band around the top, or of similar and suitable material. They

should preferably be cylindrical. If they are conical, the top diameter should exceed the bottom diameter by an amount not exceeding ten per cent. of the latter. The diameters should in no case be less than those given below:

Measure	Minimum diameters Inches
½ bushel	13¾
1 peck	10⅞
½ peck	8½
2 quarts	6⅝
1 quart	5⅜
1 pint	4

The yard measure should be made of well-dried wood with metal ends, or entirely of metal, or of other material of which the form and dimensions remain reasonably permanent under normal conditions. It should be subdivided into inches and their fractions, and also into the customary fractional subdivisions of the yard, i.e., halves, quarters, eighths, and sixteenths.

The tape should be of steel, or of wire-woven cloth when such construction gives it sufficient strength and permanency. At least one yard of this tape should be subdivided as above.

The method of using this test set of weights and measures is quite simple, and the proper use will in most cases be evident to the housewife. Only a few suggestions upon the less obvious points, therefore, need be made here.

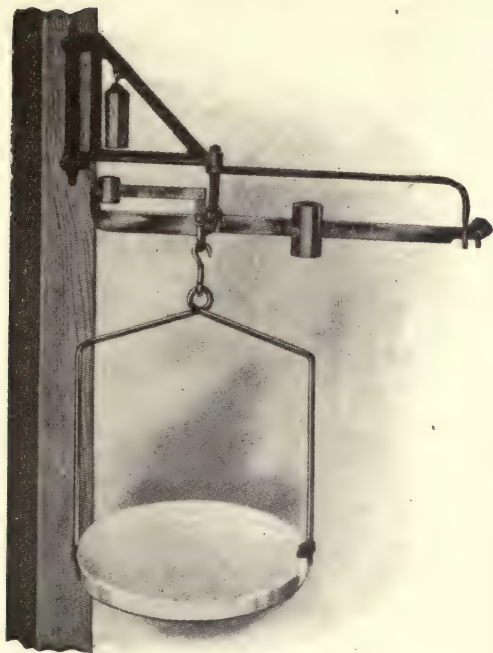
Use of Scale, in General

THE scale must be handled carefully and be kept *clean* and *dry*. The scale must also be kept *in balance*, otherwise every indicated weight will be incorrect.

The ordinary counter beam scale is *in balance* if the beam comes to rest midway between the two stops which limit the swing. On a scale with a reading face, such as a spring scale, the indicator should point *exactly* to a definite and clear zero graduation.

Upon nearly every scale means of adjustment are provided by the manufac-

Do You Measure Your Goods When You Buy



FOLDING HOUSEHOLD SCALE OF THE STEEL-YARD TYPE

turer. Thus, a counter balance of the beam type is adjusted by turning the adjusting screw or balance ball, or by adding weight to or subtracting it from the shot cup under the pan, or by altering the amount of balancing material wherever placed.

Some spring scales may be adjusted as described. Others are adjusted by loosening a screw in a slot in the indicator, turning the latter on its pinion to the proper position, and then tightening the screw. If the scale has a glass face, this must be removed before the adjustment can be made.

A properly constructed scale will rarely get out of balance. Therefore these adjustments on such a scale will not often have to be made.

For weighing on a beam scale the commodity should be placed on the pan; the beam should be brought to a balance by moving a sliding poise or by adding and

subtracting loose weights. The weights used should be accurately totaled or the exact graduation on the weighing beam read.

In weighing a commodity on a scale which automatically indicates the weight, it is necessary only to make the reading carefully. Fractional parts of ounces are sometimes estimated by noting the exact position of the indicator between divisions.

If when reading the scale different readings are obtained upon moving the eye to the right or left, or up or down, it is necessary to take care that the eye is squarely in front of the point of the scale which is being read.

If a commodity exceeds in weight the capacity of the scale, it may sometimes be divided into two or more parts for checking purposes, each not to exceed the capacity of the scale. By adding the separate weights of the various portions the total weight of the amount purchased is found.

The weight desired and the weight which should be furnished is always the net weight of the commodity, i. e., the commodity itself without wrappings or coverings of any kind. Therefore, a commodity should not be weighed in a cardboard carton, or other heavy coverings, or, if weighed with these, the coverings should thereafter be weighed separately and this weight subtracted from the gross or total weight.

Watch for Shortage in Weights

WHEN shortages are found in the weight of meat purchased, a common excuse of the dealer is that the meat was trimmed after being weighed, and it has often been found that this excuse was used to cover up frauds in such scales.

Therefore, the housewife should require that all meat trimmings should be delivered to her by the dealer. This is fair, since they have been purchased and paid for at regular prices; and it is

Government Advises Care in Buying

economical since they are often of use to the careful housewife.

When such a demand is made, the total weight delivered should never be less than the amount charged for, and if it is so found a shortage may legitimately be claimed.

Poultry drawn and dressed after weighing can not easily be checked as to weight, since the housewife will seldom desire to have the feathers, head, claws, etc., delivered. By observation or experiment one can soon learn what shrinkage in weight is naturally to be expected, and an investigation should be made in cases in which this proper shrinkage is exceeded. In cases in which fish are cleaned after weighing, similar precautions should be observed.

Study Labels on Packages

THE purchaser should read the labels on the packages of goods purchased and the accuracy of the statements of quantity should be checked.

If the contents are not to be removed at once, the package may be weighed gross when purchased and the weight noted on the outside. When empty the container may be weighed, and this weight, subtracted from the gross weight noted previously, gives the net weight. The law requires that this should equal that printed on the label.

How to Measure Liquids

IF a liquid commodity is purchased in bulk and only partly fills the receptacle in which it is delivered, upon pouring it into the measure of the *nominal* size corresponding to the amount purchased, it should completely fill that measure.

If it does not fill the measure the delivery is short. If more of the same liquid of the same grade is at hand, the shortage can be immediately determined by putting a definite, noted quantity of the liquid into the graduate and from this amount completing the filling of the measure.

The difference between the quantity of

liquid remaining in the tolerance graduate and the original amount put in it is the shortage.

If there is not at hand any more of the commodity, the liquid under test may be poured out of the measure and the measure filled up with water to the same point that the commodity reached.

This can usually be done by observing the top of the wet ring around the measure left by the commodity. Then by completing the filling of the measure with water from the graduate, the shortage may be found in the manner described above.

Liquid commodities bought in bottles, cans, or other containers may be checked as above described, or the following method may be found easier. The point to which the container is filled is first noted and the contents removed. Then, if the container is of the nominal size of one of the liquid test measures, this *measure* is filled with water until the water is just level with top. This is then poured into the *container* until it is filled to the same point as before. If any water remains in the measure, the delivery is short by this amount. By pouring this into the graduate and noting its amount the shortage is determined.

(Be sure that the container is filled to the same point in the test that it was when delivered, as the amount *actually delivered* and not the *capacity* of the container itself.)

When the container is not of the standard size of one of the test measures, the test is made as before, except that one of the measures must be filled more than once, or various measures and the graduate must be used and the error determined on the last amount added.

For example, if a bottle is marked "One gallon," the quart must be filled and poured into the container four times, and the shortage, if any, determined on the last measure-full added.

Again, a bottle may be marked "1½ quarts." In this case the quart meas-



HOUSEHOLD WEIGHTS AND MEASURES TEST SET

This equipment is suggested primarily for checking commodities purchased, but is also adapted to many other household uses.



Check Deliveries and Save Money

ure is filled and poured into the container, and then the pint is filled and poured in. In this case the amount remaining in the pint measure is the total shortage, and this is determined as before.

A container may be marked "12 fluid ounces." As there are 16 fluid ounces in a pint, or 8 fluid ounces in a half-pint, the half-pint test measure and the four-ounce graduate may be employed, or the four-ounce graduate may be filled three times.

How to Read Graduate Measures

TO avoid mistakes in reading cone graduates, it should be noted that these are sometimes more finely subdivided at the base than at the top.

For example, a four-ounce graduate may be subdivided to a half-dram for the first 2 drams, to 1 dram for the next 6 drams, or half an ounce, for the interval between 2 and 4 ounces.

In filling the graduate to or reading it at any mark the graduate should be held level, and the readings should be made at the main surface of the liquid. The small amount of liquid which creeps up the sides of the glass to a point higher than the main surface of the liquid in the graduate should be disregarded.

Learn to Detect False Measures

THE size of a container or receptacle is of importance when a certain amount of liquid commodity in bulk is ordered from the merchant and there is sent to the store a receptacle in which this amount is to be placed.

Such containers may not actually hold the amount ordered, yet often the container is filled and the amount ordered is charged for. "Gallon" and "half gallon" oil cans, so-called, are often of a much smaller capacity. "Quart" bottles frequently hold only one-fifth of a gallon, or even less. Pails, demijohns, jugs, and other receptacles are not reliable as measures.

Therefore, by means of the measures in the test set, determine the actual ca-

capacity of all receptacles that are to be used in buying. See that they contain at least the full amount to be purchased in them.

Buy Dry Commodities by Weight

DRY commodities, when sold in definite quantities, are commonly sold throughout the country in one of three ways, namely, by weight, by dry measure, or by numerical count.

Since the method of sale in the last mentioned way is usually legal when the commodities are such as are susceptible of sale in this manner, and since the method of buying and checking in retail sales is entirely obvious and presents no difficulties, no further mention will be made of it.

Sales by liquid measure, while common in some sections, are illegal and are therefore not considered here. It should also be noted that the sale of these commodities by guesswork methods, as by the "bag" or "sack," are also neglected as not being germane to the following discussion. It may be said generally that the purchaser, for his own protection, should always demand some definite amount.

Formerly the more common practice was to sell potatoes, apples, onions, and other similar bulky commodities, as well as dried beans, seeds, and other small commodities, by measure. This was not universally true, since in the States of the Rocky Mountain and Pacific Coast sections such commodities have always been sold exclusively by weight, and the growing tendency in the East and Middle West is to sell these commodities in this manner. Massachusetts, Ohio, Wisconsin, and Chicago, for example, have enacted legislation prescribing sales by weight.

This is a long step forward, because the use of dry measures is very unsatisfactory and unreliable.

This Bureau strongly advises all purchasers to order dry commodities by
(Continued on page 94)

How to Prepare Lobster

Lecture Delivered at National Headquarters

By MRS. M. C. PICKETT



FIRST POSITION—HOW TO REMOVE THE TAIL FROM THE BODY, AFTER THE CLAWS HAVE BEEN BROKEN OFF.

Do you know how to prepare a lobster? Can you take it from its shell, remove the useless parts, and make palatable dishes for your table?

This lecture, delivered at the National Headquarters of the Housewives

League, tells you exactly how to do it. It is expert advice by Mrs. Pickett, who recently gave a demonstration before the Cooking Class of the League. Read it carefully and then try the recipes in your home.

THE next time you go to the fish store and the dealer dangles a passive, inert lobster before your eyes and explains to you that because it has been lying on the ice it has become numbed—which accounts for its inactivity—and that it will revive after it has been off the ice for a while, *do not believe him*. Ice does not benumb lobsters—they like it. And if they are not kicking and squirming in rather a lively

fashion, it is a pretty good sign that they have been out of water too long and are not fresh enough to eat.

Lobsters are best when they have been out of water only about twenty-four hours, although they will keep longer than this if properly cared for. You can judge fairly well of the freshness of a lobster by noting the amount of vigor it displays on being picked up.

The fresh lobster will move its legs and tail vigorously and appear very

How to Select Fresh Boiled Lobsters

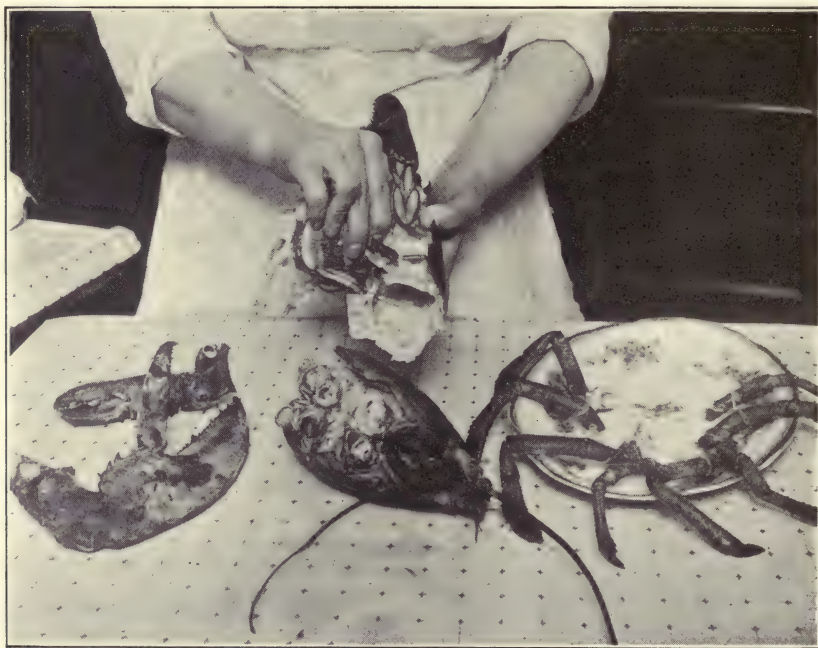
much on the defensive. The lobster which has been out of the water too long will droop and offer little resistance when it is picked up.

You can also tell something about the length of time the lobster has been out of water by noting the meat in the claws. The lobster begins to shrink the minute it is taken out of the water, and if it has been out too long the claws will not be filled with meat.

when pulled out. The live lobster always keeps his tail curled up under him.

This test does not invariably hold good, as it sometimes happens that the tail of a fresh lobster will not rebound.

The infallible test is to cut the shell and examine the meat. If it is firm the lobster is in good condition and is safe for food. If crumbly, it is not fit to eat and should be thrown away.



SECOND POSITION—HOW TO REMOVE TAIL FROM SHELL OF LOBSTER

IF you are not confident of your ability to judge whether a lobster is fresh or not, you will do better to buy one that is already boiled. It is a little easier to judge a boiled lobster than a live one, and you are also saved the bother of boiling it yourself.

If the lobster is freshly boiled, its tail, on being straightened out, will immediately spring back into place. If too long a time has elapsed since the lobster was boiled, the tail will remain straight

LOBSTERS have their seasons just as any other fish has. From the end of February to the middle of April they are scarcer and higher priced than at any other time of the year.

They are sent down from Nova Scotia and from the Maine Coast to Boston and New York and from there distributed to other parts of the country.

Upon reaching the distributing centres, the lobsters are put, at once, into salt water to revive them. Upon finding

Do You Know How to Eat Lobster?

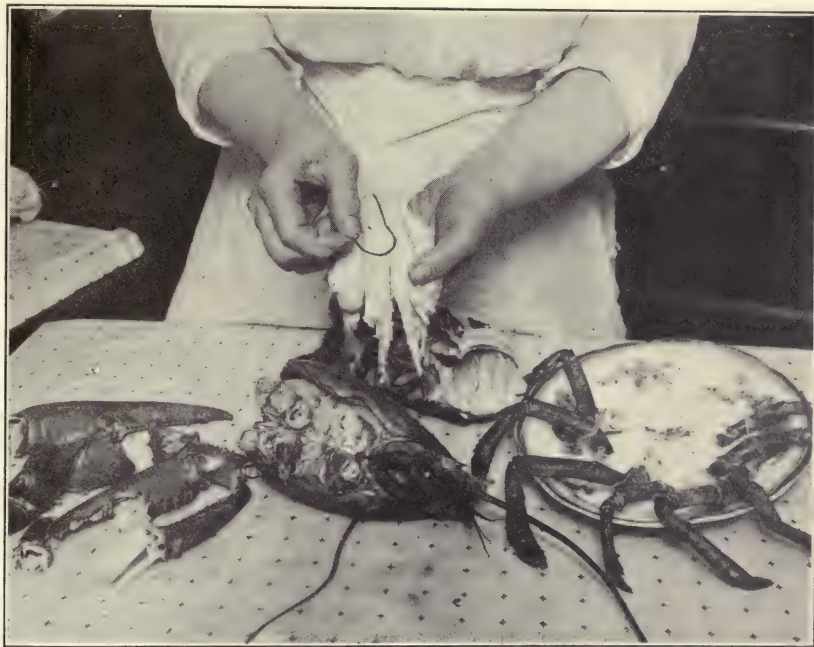
themselves in salt water again the lobsters immediately celebrate the occasion by drinking too much salt water and they lie, inert, in the water for about forty-eight hours before they recover. They are then ready to be shipped.

In the Spring, during the breeding season, the lobster is composed largely of water and is not very good eating.

People are prone to believe that the lobster is an indigestible form of food.

THE trouble lies not with the lobster, but with the way it is eaten. In the city the lobster is usually served in combination with rich foods and at irregular hours.

Alcohol is often served with the lobster, but this is unwise, for alcohol hardens the lobster and renders it indigestible. Thus it is that the lobster is often blamed for ills which should be laid at the door of other foods.



THIRD POSITION—HOW TO REMOVE INTESTINE FROM TAIL MEAT.

This belief can be shown to be fallacious by pointing out the healthy lives of the people who live along the fishing coast. It is not uncommon to find men in fishing towns who are hale and hearty at eighty and ninety years of age.

These sturdy people habitually eat lobster from the time they are children. The small boy helps himself to a piece of lobster from the family refrigerator just as the city boys takes a piece of bread between meals.

Localities differ as to the way in which they want their lobsters delivered.

In New York City, for instance, there is prevalent a distrust of the boiled lobster and people feel much safer if they buy their lobsters and boil them themselves.

In Boston, on the other hand, boiled lobsters are sold everywhere and people do not ordinarily think of purchasing them alive. They are bought by the piece, or by the lobster, or by the barrel,

Suggestions for Boiling the Lobster



FOURTH POSITION—HOW TO REMOVE BODY FROM SHELL.

but they are almost sure to be boiled.

There is no hard and fast rule for boiling a lobster. Some authorities claim that the better way to boil them is to put them in cold water and bring them to a boil. Others prefer to immerse them in boiling water. In either case the lobster is held by the tail and dropped into the water, head down.

One need feel no remorseful pangs at dropping the live lobster into boiling water, as it has been pretty thoroughly demonstrated by science that cold-blooded animals, such as fish, have little or no sensation, and do not suffer.

There may be muscular contractions, but these seem to be nearly automatic.

Directions for Opening Lobsters

A FEW simple directions for opening the boiled lobster may give the housewife courage to serve the dainty oftener in the home, for with a little practice and definite knowledge she will

find it is not as difficult a task as it seems.

When the lobster is ready to open have the platter ready, lined with large, green lettuce leaves. Break off the small claws and garnish the edge of the dish with them, then break off the large claws, crack them and remove the meat.

Next take the lobster by the back of the body in the right hand and insert two fingers under the body shell at the base of the tail. Then break through the soft shell and separate the tail from the body.

Lay the tail on its back on the board and with a sharp knife cut through the soft, rib-like structure, and, flattening the points at each side, crack the shell. By putting two fingers under the meat it may be drawn forth whole. Open it right down the middle and remove the single intestine which runs down the entire length of the tail.

Next take the body in the right hand

Good Recipe for Lobster Newburg

and place the thumb of the left hand under the shell and pull out the body. The soft, green, jelly-like substance in the center is called the "fat" and is not only edible, but is considered a great delicacy.

If you have been in the habit of throwing this way, do so no more, but cherish it as one of the most delicate parts of the lobster. The contents of the head or "lady in the chair," as it is called, is not edible, and the "dead men," or gills, at either side of the body are not edible.

Put the two thumbs in the center of the body when the gills are removed and separate it into two pieces and pick the meat carefully from the cells which will be readily distinguished. Now, if the shells are to be used in garnishing, clean them, carefully rinse in warm water, then with a soft cloth wipe them over with olive oil, then put in a cool place until needed.

THE lobster should be boiled in the morning for use at dinner and kept in a very cold place, but not in direct contact with the ice, and it is better not to remove the meat from the shell until just before preparing it in any desired way.

RECIPE FOR LOBSTER NEWBURG

2 lobsters, weighing about two pounds each
5 tablespoons butter
Yolks of four eggs
1 pint cream.

Melt the butter, beat the egg yolks and mix with the cream. Pour into the melted butter, then stir in the lobster, which has been taken from the shell and cut into small pieces. Allow to simmer until the eggs are cooked. When ready to serve pour in two wineglassfuls of Spanish sherry or Madeira.



FIFTH POSITION—SHOWING "DEAD MEN" OR GILLS, AND THE "LADY IN THE CHAIR" IN THE HEAD—NON-EDIBLE PORTIONS.

What You Should Know About Warm Clothing Means

LECTURE COURSE AT NATIONAL HEADQUARTERS



ARLYLE and Spencer both said that clothing was not needed for warmth or protection, but for self-assertion and decoration.

Clothing as decoration does not concern us, as history of fashion abundantly proves. After the invention of clothes for purposes of decoration came the discovery of their value as a means of protection, and lastly came the wholly artificial and conventional sense of their need for decency.

There is no hygienic requirement that conflicts with any modern criterion of the decent.

The hygienic or protective function of clothes is retention of warmth, the avoidance of dirt, protection from direct sunlight, protection of ill-protected structures, such as the feet, from mechanical injury.

Clothing Does Not Produce Heat

MAN produces all his own heat except that produced by fires, hot bottles and sunlight. No clothes produce any heat whatever. One of the standard clothing materials, as wool or flannel, is used to prevent ice from melting, when it is exposed to temperatures warmer than its own. So we are correct when we say we put on clothes to keep us warm.

Since clothing serves to retain the heat which is created by the burning of the food or fuel which we take into our bodies, it follows that, other things being equal, the more fuel taken the more rapidly can heat be lost from the body without lowering its temperature, and therefore, the less clothing is needed the better we are clothed, or the better we

retard the heat the less food to produce heat is required.

So it became a question of some importance to the physiologists, dietitians, food reformers, food faddists, as to which was the cheaper, and the decision is that it is vastly cheaper to clothe warmly than to have to consume every day an extra amount of food because one clothes lightly.

As warm clothing means less food and monetary economy, it also means vital economy and much labor-saving for the digestive and excretory organs.

We must consider clothes primarily as means for preventing the outflow of heat. Because of this it is important that we consider the texture and more so the tightness and looseness.

How to Wear Your Clothing

OUR clothes must be loose. The body was not made for the clothes, but the clothes for the body. It is not natural to have clothing at all as it interferes with the movements of the body, and they are not supposed to be restricted by anything except the pressure of the atmosphere.

The moment any garment is applied the risk of unnatural pressure is involved.

The hard hat squeezes the arteries of the scalp, starves it of blood and causes baldness.

The pressure of the boot causes corns and deforms the joint of the great toe in every civilized person. The pressure of the garter interferes with the return of blood upwards through the surface veins of the legs and helps to make them varicosed.

The pressure of anything on the chest

Your Clothing and Your Health Less Food and Economy

SERIES DELIVERED By DR. ALFRED C. WALLIN

interferes with the expansion of the lungs, helps the blood to stagnate in them and predisposes to consumption.

The pressure of anything around the waist, such as the corset, interferes with the movements of the wall of the abdomen and of the bowel and thus causes constipation and many other evils.

Continuous pressure upon any part of the skin will kill it and produce an ulcer; intermittent pressure causes such forms of overgrowth as corns.

This shows that all pressure is undesirable, but we cannot avoid it and so must minimize it as much as possible, also distribute it to parts such as the shoulders. So it is, we say, that man bears his burdens upon his shoulders.

Clothing should be loose so as not to interfere with our movements and so as not to produce outside pressure. By bandaging a part we can drive the blood to another part of the body and so sometimes supply blood to the heart and brain, keeping life in the body.

A glove or boot which is too tight starves the part and takes away all the heat supply. So it is that we often have cold hands or feet.

Clothing should be loose on account of the retention of warmth, quite apart from any question of interference with the circulation and, therefore, with its distribution. Any kind of goods is warmer when worn as a loose garment than as a tight one, because it imprisons a certain amount of air.

Air is a bad conductor of heat and, therefore, keeps the warm air in. So the more layers of clothing we have the warmer we are. So, also, by imprisonment of air we clothe ourselves with air.

HAVING agreed that whatever the material may be it must be loose, we next come to the kind of material.

There is no question as to the value of wool, as can be seen by the sheep, from which it is stolen, but it must not be made dense, inflexible and non-absorbent, but remain as nature made it, a light, warm, absorbent and ventilated coat.

With the sheep the wool coat grows out of its own skin and needs no safety-pins or buttons. Clothing must be absorbent.

By clothing our bodies we interfere with the output of heat and also the excretion of the skin. The skin excretes about twenty-five to fifty ounces of water per day. By the evaporation of this water the body's heat is mainly regulated. Also by the excreting of this water and its evaporation a great deal of the waste of the body is removed.

Nature does not demand that we have clothes for evaporation. The face proves that. If we have clothes, they must be absorbent, for the reasons that I have just mentioned.

All wool is non-absorbent and so is only good to keep us warm, not good as a health garment.

The chest protector is a chest weakener by its interference with the functions of the skin. So the non-woolen material is good so long as it is absorbent.

It is now possible to obtain absorbent underclothing made of silk, linen, cotton and other materials, and produced by many competing firms, which, so far as absorbent power is concerned, has all the virtues of any woolen garment and none of the disadvantages which attach



Effect of Clothing on the Skin

to wool in the case of many people, and for many climates.

Wool being valuable only for its warmth, of course, is no good in the summer time or in hot climates.

The Value of Absorbent Materials

THE introduction of absorbent materials which are not made from wool has greatly improved our clothing to-day.

It enables us to govern the warmth by our outer clothing and to make our underclothing to protect the skin from dirt through its absorbent power.

Light, loose, cool, absorbent underclothing serves this purpose best, partly because it is readily and easily washed.

It should be washed often. This sort of underwear is much cheaper and so we can get new sets much oftener, which is important, as we do not want them to last too long, as in olden times, when garments were handed down from generation to generation, with as much dirt and germs as they were capable of holding, to our detriment.

"It is what cometh out of a man that defileth." So we need clean underclothing often, also bedclothing, as blankets and mattresses.

How Japanese Handkerchief is Used

MANY think the Japanese handkerchief a wonderful invention, here to-day and gone to-morrow. Beautiful, cheap, light and small. After it has been used it goes into the fire, is gone and hurts no one.

Our handkerchiefs, coming from thousands of people, all go into the same laundry and so expose others to what we are well rid of. In these millions of handkerchiefs there may be such germs as those of tuberculosis, pneumonia, diphtheria, influenza, bronchitis, the common cold, and many other diseases.

The workers in the laundries are more or less exposed and it is no wonder that they use some disinfectant in a solution in soaking out the clothes. One of the

best places for germs is the fire, and that is why we admire the Japanese handkerchiefs.

We might next ask the weight of clothing a man should wear and how he should alter it to suit the different times of the year.

One will tell you that by exposing yourself to cold you do not harden yourself, but weaken yourself; another will tell you that it is economy in food to be clothed warm. Man has to adapt himself so that, whether in winter or in summer, his bodily temperature remains always the same.

In other words, he must educate his skin so that, whether in tropics or polar climate, he is able, through the action of the brain upon the skin, to maintain his temperature at a constant level.

It is not best for us to take away the work of the skin, which nature has given it to do, by supplying clothing. We have found out that no organ of the body will do its work if its work is done for it. Dose your stomach with pepsin and it will cease to produce pepsin.

This education of the skin we must not carry too far. Darwin tells us that when in Terre del Fuego his own party, well-clothed and sitting by the fire, were grateful for its warmth, while the naked natives, who were farther from the fire, were streaming with perspiration from such a roasting.

After all, there is an ideal or a happy medium. We must not carry the clothing or the lack of it, too far, lest we kill ourselves either by too much or by too little clothing.

What to Wear in Hot Weather

DO not wear too much in hot weather. Since the chief function of clothing, from the point of view of physiology, is to retain the animal heat, we must realize that when the external temperature is hotter than our own, all the practical relations of clothing are reversed.

(Continued on page 91)

First Lessons in Sewing

GREAT WORK BEING DONE IN EXTENSION
DEPARTMENT OF UNIVERSITY OF IDAHO

Under Direction of O. D. CENTER

Home service is the watchword of The Housewives League Magazine. It is the duty of this little home service publication to bring into our homes any information that may be of value to the housewives in solving their problems. It is our privilege to call attention here to the great good that is being done in the co-operative extension work in home economics in the University of Idaho.

The organization of sewing clubs throughout the state is one of its most progressive steps under the direction of Prof. Jessie M. Hoover, of the Department of Home Economics. We are presenting herewith Mrs. Hoover's plan with her course of study, with the bulletin on "First Year Sewing" prepared by Miss Margaret Sweet, an instructor of large ability. It is valuable instruction that should be followed in every town throughout the country. Organize a sewing club in your community.

* * *

How to Organize a Sewing Club

MUCH of the success of this work depends on your interest, the interest of your teachers, and that of the girls of your county. Encourage teachers, club advisers, and club members to read the bulletin. With your interest and coöperation the result of the work spells SUCCESS.

In selecting club advisers, choose those who are deeply interested in the welfare and advancement of the girls of the community. The adviser may be a teacher, or any other wide-awake woman, who does well the work of her club.

THE plan is to secure the agreement of five or more girls enrolled in the schools of the state, rural community or town, who are between the ages of ten

and eighteen years, to enter the contest by completing the work assigned in the sewing bulletin. During the school year is a good time to organize the sewing club. This may be done by the teacher, or some woman of the community who is interested in the work. She becomes club adviser.

The work may be started at any time, the club adviser giving directions for the work, and being sure that each girl understands what is to be done and how to do it. The work may then be carried on under the direct supervision of the club adviser, or at home.

Suggestions to Club Adviser

IF possible, each child should have thimble, pins, one spool each of white thread Nos. 70, 80, and 90; needles Nos. 7 and 8; tape measure, scissors and a sewing bag. Keep a cork on scissors' point.

You should keep needles Nos. 6, 7, 8, 9; an emery bag, and small pins for general use.

When pieces of work are completed, have them marked by carefully cut slip of paper basted to the wrong side of the top edge of each article, as (Annie Brown).

Interest the children in finding out all they can about the supplies they use—needles, pins, cotton, etc. Any encyclopedia will furnish this information.

Be patient and teach the children to be patient, but if they seem tired of the work begun, put it aside for one lesson and give them some short special problem.

A feather-stitched ring, a tiny bit of embroidery on a piece of lawn large enough for a baby yoke, or a simple letter on a square to be used for a shirt waist pocket, are suggestions.

If you are enthusiastic, the children will be also.



POSITION FOR RUNNING

POSITION FOR HEMMING

POSITION FOR OVERHANDING

FIRST YEAR SEWING BULLETIN.

Prepared by Margaret Sweet.

Materials—

Soft white flannel 4x6 inches.

Needle No. 7.

Red marking cotton, DMC small skein 16 or 20.

Directions—

Use scraps of muslin for practicing each stitch. When it is satisfactory add it to those on model to be kept for reference.

Stitches—

No. 1. Even basting $\frac{1}{4}$ in. stitches.

No. 2. Running—for plain seam.

No. 3. Backstitch—for very fine seam, as bands, etc.

No. 4. Cat stitch—decorative stitch often used for flannel hems and for patching.

Work upward and away from you.

No. 5. Simple form of feather-stitch for decoration.

Work down and toward you.

No. 6. Chain stitch for decoration of bands and hems.

No. 7. Hemming. Make $\frac{3}{4}$ inch hem.

No. 8. Overcasting for finishing the raw edges. Make stitches $\frac{1}{8}$ inch deep and $\frac{1}{4}$ inch apart. Place this stitch across top and down right hand side of model.

No. 9. Blanket stitch—used for decorative work and finishing raw edges of blankets and flannel garments. Place this stitch down left side of model.

Directions for Darning

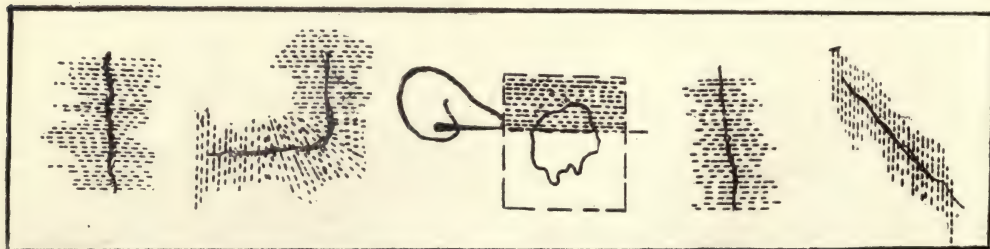
DARNING is used for mending where special smoothness is desirable, where holes are not large, and where the mending must be as inconspicuous as possible. Darning is most commonly used for stockings, woolen dress goods, and table linen.

* * *

Stockings—

Materials—Worn black stockings of medium weight (not ribbed, as they are very difficult to handle). Darning cotton—Two single threads put into needle together. This is much better than one thread doubled. Needle—Just heavy enough to carry thread; common needle No. 6 or long-eyed No. 8.

Directions—Begin well outside the worn place and fill in lengthwise threads close to each other. Now put in woof at right angles to the warp threads, weaving regularly over and under. Use no knot and work on right side. Make shape of darned portion irregular, as it wears better and does not form a ridge. Do not draw threads too tightly, for there must be no puckers in stocking



HOW TO DARN TEARS AND HOLES IN CLOTHING—NOTE METHOD OF STITCHING

First Lessons in Sewing for Girls

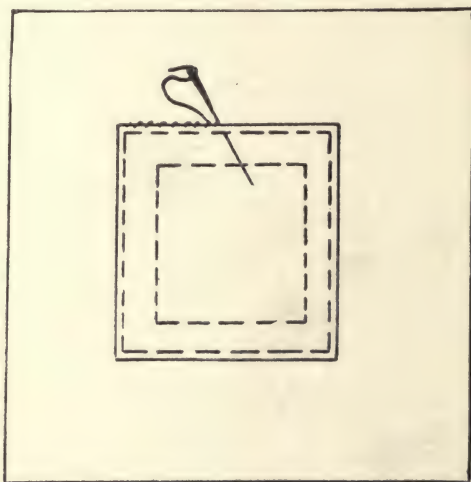
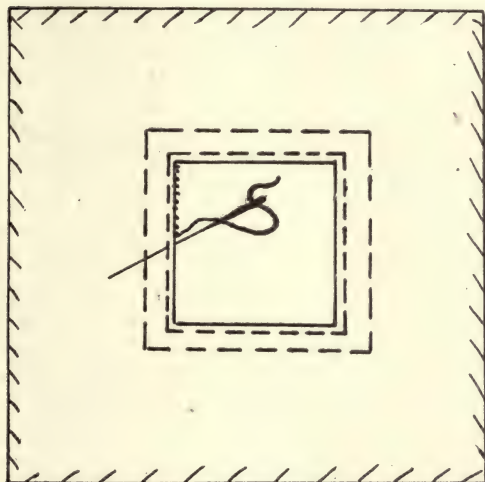
around the darning. At the edge of hole place thread alternately over and under the raw edge of stocking.

Dress Goods (Woolen)—

Materials—If possible use threads raveled from piece of goods. Silk thread to match goods is second choice. Needle should be as fine as will hold the thread. Red cashmere 5x5 inches. Any other soft woolen material may be used.

Directions—Without knots use fine running stitches and weaving as shown

Directions—Turn in edges of patch $\frac{1}{8}$ inch on to right side. Baste patch under hole so right side shows through hole and stripes or checks exactly match. Trim out hole square—or so it will fold along a stripe or check. Make opening about $1\frac{1}{2}$ in. square. Fold in edge of hole $\frac{1}{8}$ inch and baste. Clip corners before turning in. Hem patch down on wrong side and edges of hole on right side. Overcast edges of goods. Make patch in center of piece of goods.



WRONG SIDE—HOW TO HEM A PATCH IN YOUR CLOTHING—RIGHT SIDE

in illustration. Begin darning three-cornered tear in corner (see cut). Where there is a piece of goods missing, or if the edges are badly frayed, baste a piece of material back of hole and darn to it. Do not trim edges of tear except to remove long loose threads.

The instructor should tear goods with scissors, not cut it. Make the tears $\frac{3}{4}$ in. long. Be sure to leave threads loose enough to avoid all puckers. In general, observe rules for darning stockings as to irregular edges, edge of hole, etc.

Directions for Patching

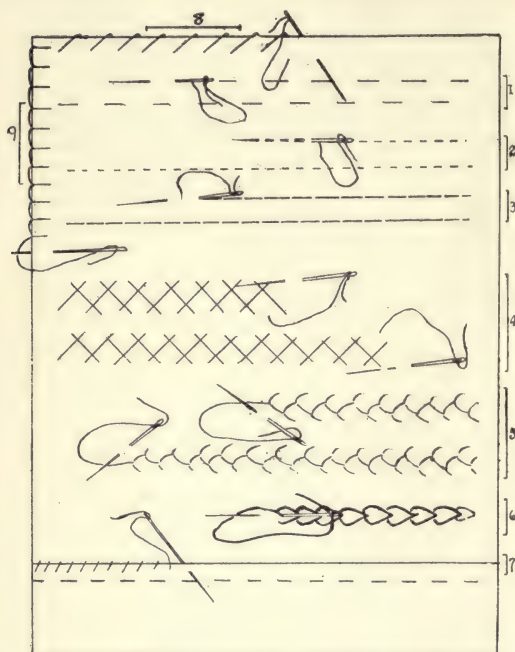
H E M M E D. Patch — **Materials** — Gingham (checked or striped) 5x5 inches, patch 3x3 inches, thread No. 80, needle No. 9.

How to Make a Kitchen Towel

M A T E R I A L S—Linen crash or glass toweling, $\frac{7}{8}$ yd. Tape 3 inches long or loop.

Directions—Cut ends straight by thread. Fold hem at each end, making first fold $\frac{1}{4}$ inch and second $\frac{1}{2}$ inch. Baste and hem as illustrated for practice piece. Turn under $\frac{3}{8}$ inch of each end of tape. Baste into position flat in center of one end $\frac{1}{2}$ inch below hem and on the right side of towel. Backstitch across each end $\frac{1}{4}$ inch from edge of fold. Hem from one end of backstitch around fold of tape. Dish cloths are made in the same way, 12x12 inches.

Directions for Making Simple Articles



FOR MANNER OF HOLDING MATERIAL IN HEMMING,
SEE POSITIONS

How to Make a Pillow Case

MATERIALS—1 yd. $3\frac{1}{4}$ in. of 42 in. cotton pillow tubing; thread No. 90 (or number suited to quality of material); needle No. 9.

Directions—Turn tubing wrong side out. Straighten both ends by thread. Fold over to wrong side $\frac{1}{4}$ inch around one end. Baste together and overhand. Overcast raw edges separately. At other end make wide hem by folding over $\frac{1}{4}$ inch, then 3 inches. Baste and hem. Be careful to pull material into shape and baste a perfectly straight hem. Turn and press, folding slip into three parts lengthwise, then crease once crosswise.

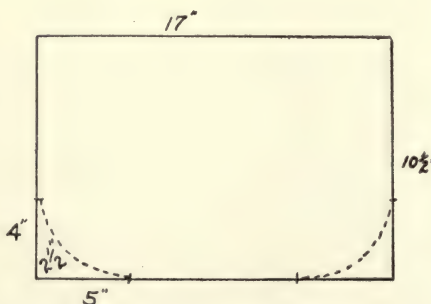
Sewing Bag with Initial

MATERIALS—Plain or striped gingham $\frac{1}{2}$ yard; thread No. 70; needle No. 8; white DMC small skein No. 25; white linen tape $\frac{1}{2}$ inch wide.

Directions—Cut to size 17×21 with straight edges. Fold goods, making size

$17 \times 10\frac{1}{2}$ (Fig. 2). On folded side measure 5 inches from the corners. On adjacent sides measure up 4 inches from the corners. Diagonally in from each corner measure $2\frac{1}{2}$ inches. Make pencil marks for curves joining these measures and shape bag, separating two sides of bag along the fold. Baste curved sides and bottom together to within $3\frac{1}{2}$ inches of top. Overcast edges together. Just inside of basting sew with half backstitching. Make one stitch at a time and put needle back only half the length of the stitch on wrong side. This leaves spaces between stitches of right side in-

(Continued on page 92)




HOW TO MAKE A SEWING BAG

Suggestions to Housewives On First Aid to Injured

By DR. WILLIAM H. VAIL

Digest of Lecture Delivered at National Headquarters

HE word that is commanding the interest of the American nation just now is "Preparedness." And it is a good word—we need preparedness in many different directions, not the least of which is preparedness in the realm of health and efficiency.

We need to fortify ourselves against oncoming disease, even though we may be in health at the present time.

The body is a machine, and like every machine, it requires exercise and needs to be taken care of when not in use.

If a machine is left out-of-doors, uncared for, while it is not in operation, it gets rusty, out of order and cannot be used until it is doctored up. So it is with the body. We must keep it in running order all the time if we are to get the most service from it.

THERE is no reason why we should not as a rule keep the body-machine of ours in good order, if we are willing to pay attention to the simple, little details which most people think are unimportant.

Do Not Wear Tight Clothing

Diseases of the circulatory system are common and have their origin, often, in such a simple thing as a garment that is too tight.

We are in the habit of poking fun at the Chinese for their custom of binding the feet. We do not stop to think, however, that we do many things that are equally absurd. We bind our waists, thus obstructing the circulation, we wear tight shoes, tight gloves, rings, and bracelets, thus constricting our bodies in various ways.

If we were to pay proper attention to the circulation we would wear nothing which binds or constricts our bodies in any way. Free circulation should be maintained, especially in the lower extremities. Tight garters should never be worn, as they restrict the return flow of blood.

If we were entirely sensible in our dressing, we would suspend the clothes from the shoulders, so that there would be no constriction anywhere.

Act Quickly in Aiding the Injured

IN case of minor accidents, the thing to do, while waiting for the doctor, is to relax the injured part as much as possible.

If it is a sprained ankle, the time to start curing it is immediately after the accident. If the ankle is not attended to right at the very first, it is apt to prove a serious, tedious matter.

The first thing to do for a sprained ankle is to plunge it into hot water—just as hot as can be borne—and keep it there for an hour, adding more hot water from time to time to keep the temperature high.

The heat will tend to loosen up the ankle tissues and help them to assume their natural positions. After soaking the ankle for an hour, bind it with flannel cloths wrung out of hot water (almost boiling) and cover with dry flannels. Then put the sufferer to bed.

Cases have been known where this treatment, applied immediately, or very soon after the accident, enabled the patients to dress and walk around as usual the next day.



What to Do In Case of Emergency

The writer had ample opportunity, one summer, of testing for himself this simple, though somewhat severe method of curing a sprain. It was my misfortune a few summers ago to sprain my ankle three times. Each time, however, I gave myself the treatment outlined above with the result that I went about my business next day as if nothing had happened.

Be Calm in Case of Accident

WE often hear of children choking to death. The trouble is that when people are confronted with the spectacle of a child gasping and struggling for breath, they lose their heads and try to do everything but the right thing.

In most cases, children who are choking can be relieved by hanging them up by their heels. Adults can be pushed across a table with the body and head hanging down.

If food, or any foreign substance, gets lodged in the throat, it can sometimes be worked out by pressing on the outside of the throat and working it up with the fingers.

Convulsions can usually be relieved easily, merely by the application of simple, commonsense measures. It is not uncommon, however, for the doctor to find, when he arrives on the scene, that the patient is surrounded with people who are consuming the oxygen, the windows are closed, and all the simple expedients are being forgotten while anxious friends wait helplessly for the doctor to come.

The first thing the doctor does is to order everybody out of the room, open the windows, unbind the clothing of the patient and put him to bed where he can relax. All these things the friends of

the patient could have done if they had not been so anxiously looking about for something more complicated to do.

How to Revive One Who Has Fainted

FAINTING is an effort of nature to rest an overworked or overwrought system and can be treated accordingly. If a person faints, lay him flat on the floor, loosen the clothing and see that there is plenty of fresh air in the room.

Usually there is no reason to become excited or alarmed when a person faints. Merely see that the circulation is not restricted and that air is provided. Nature will do the rest. If the patient does not revive soon after these measures have been applied, sprinkle water on the face.

Be careful of the restoratives you use.

Ammonia and camphor are pure stimulants and can be inhaled without harm. If it seems necessary to give the patient a stimulant to drink in order to revive him completely, aromatic spirits of ammonia is better than any form of alcohol for this purpose.

Hysterics should be treated as simply as fainting.

Merely provide fresh air, loosen the clothing and let the patient lie down until he comes out of it. This, again, is merely a matter of natural consequences. It is a mental condition entirely and usually comes from allowing oneself to become too tensely wrought up. It is overcome by bodily and mental relaxation.

There is no good reason why everyone should not be happy and enjoy life if he will obey the rules of nature, for, when all is said and done, the question of good health reduces itself largely to a matter of simple living.

WATCH for the March issue of the Housewives League Magazine--- it will contain valuable lectures by eminent authorities for every housewife---follow the lecture course for 1916 in these pages.

Washington's Birthday Party

How to Entertain



By MARY RANDOLPH LEE



It is a wise woman who plans her entertaining for February, for this is the month when the party problem solves itself.

With Valentine's Day, Lincoln's birthday and Washington's birthday to choose from, it is an unimaginative hostess indeed who cannot discover a few opportunities for adding the clever touches of local color which give individuality to an entertainment.

Of all the February celebrations Washington's birthday is perhaps the easiest to observe. Much of the charm of a Washington's birthday party lies in the atmosphere surrounding the day.

The spirit of the time when Martha and George Washington set the social pace for the country was characterized by a simple, genial courtliness which belongs to no other period in our history.

Martha Washington, as first lady of the land, never made a display either in dress or in entertainment. Her famous levees were never elaborate and she

never allowed them to last later than nine o'clock.

It was generally said by those who came in contact with the first President and his gracious wife that their example was such as to make "parade and expense improper and disreputable" by other members of the official set.

Keep Entertainments Simple

THE first requisite of a Washington's birthday party is simplicity—simplicity of decoration and of entertainment.

In keeping with the spirit of the day, a revival of the old-fashioned, stately minuet is in order. This sort of entertainment, coming as a distinct relief from the ungraceful, boisterous dances now in vogue, is always popular. To be sure, not everybody will know the steps, but this only adds to the fun and they are soon learned. A minuet affair will be particularly effective if the guests come in Colonial costume.



What to Do on Washington's Birthday

The hostess who gives a Colonial costume party can rest assured that her entertainment will be a success from the very start. No form of dress is so becoming, to both men and women, as this, and the costumes can be as elaborate or as simple as occasion demands and still be effective.

There is something about the powdered wig, the little black patches and the gay tones of these costumes which contributes a quaint flavor and a cheery atmosphere to the evening, the charm of which is not easily forgotten.

These costumes need not be expensive. If there is difficulty in fitting the men up in inexpensive, yet gay suits, a woman's suit coat, lined with a bright-colored silk, can be turned wrong side out to make a gorgeous silk coat for a man.

The Games You Used to Play

If the minuet is not practicable, old-fashioned games usually prove enjoyable, whether the party be of young folks or grown-ups.

If you have room to play the old favorites, such as blind-man's buff, pussy-wants-a-corner and the other old games which are being ousted by more modern amusements, your guests will enjoy the change and thank you for an evening of unadulterated fun.

For decorations, nothing suggests so much dignity, at the same time adding so bright and cheery a touch, as the sole use of flags.

It used to be the custom to drape a flag over the entrance through which the guests entered a room, and this was considered a test of loyalty on the guest's part. This custom is often revived on Washington's birthday.

Tiny flags decorating the table from

which refreshments are served, and used for favors and place cards contribute to the general air of festivity.

How to Decorate for the Party

If you do not care to use the flag decorations and want a change from the age-worn cherry and hatchet idea, the Colonial touch can be given by decorating with buff and blue, which were the Continental colors.

These lend themselves charmingly to use in decoration and give a novel and individual touch to the entertainment.

Of course, the appropriate method of serving refreshments is before an open fireplace, as was done in Washington's time.

If you are fortunate enough to possess an open fireplace, a few simple utensils will suffice to give your guests a jolly time cooking their own supper.

In this case the refreshments will consist of things which are easily cooked over the fire. Oysters and clams in the shell can be buried in the hot embers and allowed to remain until they have popped open. Then they should be dipped into melted butter and eaten immediately.

A popular manner of cooking oysters before the fire is to "spit" them, each guest preparing his own.

Each person is given a piece of strong wire, which serves as a spit upon which he threads the oysters, placing a thin piece of bacon between each oyster.

These are held over the coals until the oyster begins to curl around the edges, at which moment they should be eaten—straight from the spit.

The ideal accompaniment to these dishes is nothing more elaborate than sweet potatoes that have been baked in their jackets in the hot ashes.



HOUSEWIVES SHOPPING AT WASHINGTON MARKET, NEW YORK, WITH LEAGUE OFFICERS

Housewives Campaign for Clean Flour Is a Signal Victory



OUR campaign for clean flour is gaining impetus every day. It is gaining ground because we are receiving the coöperation of the miller, the wholesale dealer, the retail merchant and the consumer. Everyone seems anxious to help the good work along.

The president of a large corporation, and who, by the way, has no connection whatever with flour or milling interests, said, "If the Housewives League had never done anything else than to conduct this campaign for clean flour, the Executive Committee could feel well repaid for their arduous work."

This campaign has been more important, I believe, than some of us realize. Beside guaranteeing to the con-

sumer that the flour delivered to them is as clean as when it leaves the mill, it has awakened the housewife to knowledge of the whole wheat industry. This is a study so fascinating and so profitable, that each and every member of the Housewives League should make it her study.

In Brooklyn there has been a decided increase in the flour handled in sanitary bags, and Manhattan is more than holding her own. The grocers who handle the flour in the paper or paper-lined bags, are loud in their praises. First, because they are enabled to keep their stores cleaner, since they used dust-proof bags which prevent the flour sifting over counters, shelves and floors. Secondly, because of the flour being cheaper in paper sacks.

The Junior Housewife



How to Make Candy at Home

Department Conducted by MISS EMMA BOSSONG

Domestic Scientist at National Headquarters

AT Headquarters the Juniors have been demonstrating that every girl can make her own candy—and she can make it look just as attractive and taste just as good as any of the candies she can buy, even in the most high-priced stores.

The Juniors have decided that it is worth all the time and trouble it takes to make the candy to know that it is pure and wholesome and that it was made under clean, sanitary conditions—especially since it is such fun to make it.

The trouble with some of the candy which young folks habitually buy is that its purity cannot be vouched for and it often contains ingredients that are harmful.

Most children cannot afford to pay the price for their candy which might insure their getting good quality.

For this reason girls should all be able to make it themselves and not risk ruining their health by eating the questionable kind that is made, they know not where.

Make Your Own Fondant

THE foundation of most of the fancy candies which we admire in the store windows is what is known as fondant. Any girl can make up a quantity of this fondant and keep it on hand to use as she wants it, making chocolates or bon-bons or peppermints or whatever she feels like at the time.

RECIPE FOR FONDANT.

Two cups sugar, three-fourths cup water, one-eighth teaspoon cream of tartar.

Dissolve the sugar in the water, bring it to a boil and let it boil until it makes a soft ball when tried in cold water. Do not stir after the sugar is entirely dissolved.

If you start the syrup with hot water instead of cold it will take less time to reach the stage where it forms a soft ball.

When the fondant has reached the soft ball stage, quickly remove it from the fire and let it stand in a cool place till the syrup has cooled. Then beat it with a wooden spoon until it becomes white and creamy and too stiff to beat longer.

It will become stiff all at once and must be watched carefully in order not to allow it to become too stiff.

When it has become creamy turn it out onto a board and work it in the hands until it is soft and pliable.

Never scrape the fondant from the saucepan when taking it out onto the board as you will be apt to scrape out some of the hardened, grainy sugar that always forms around the sides of the pan and this will spoil the consistency of the candy.

If the fondant becomes too dry to handle before you have had a chance to work it all with the hands, dip the fingers into water and the fondant will

Lessons in Candy Making at Home

soften. Be careful, however, not to add too much moisture, or the candy will get sticky.

How to Make Chocolate Creams

THE fondant is now ready to flavor and mould into shapes. Divide it into as many pieces as you wish different kinds of candy. Work a little vanilla into one part, lemon juice into another, melted chocolate into another, essence of peppermint into another and so on, until you have used as many flavors as you wish. Chopped nuts and candied fruits can be worked into the fondant for variety.

Then work the fondant into as many shapes as your ingenuity may devise and lay them aside until you are ready to coat them with chocolate.

MELT three squares of chocolate in a cup over hot water. Dip the fondant shapes quickly into the melted chocolate, using two forks and place them quickly on waxed paper to harden.

PEPPERMINT DROPS.

Melt a little of the fondant over hot water, add a few drops of essence of peppermint and drop by spoonfuls onto waxed paper, making the flat lozenges by which peppermints are generally known. These can be coated with chocolate if desired.

AFTER DINNER MINTS.

These are made by forming part of the fondant, flavored with peppermint, into a narrow roll and cutting with the scissors into small cubes.

STUFFED DATES.

Remove the stones from the dates and fill the space with fondant, either plain or mixed with chopped nuts. Roll in granulated sugar.

CREAM BON-BONS.

Bon-bons are made by flavoring the fondant, forming into shapes and pressing a nut meat on the top of each shape. These candies are generally made round, to distinguish them from the conical-shaped chocolates.

FUDGE.

Fudge can be varied from the well-known chocolate fudge to the fruit and nut mixtures found in fancy boxes of candy. As a rule the same proportions are used for all fudges, the difference lying in the way they are flavored.

RECIPE FOR PLAIN FUDGE.

Two cups granulated sugar, three-fourths cup milk, two tablespoons butter, one teaspoon vanilla or other flavoring.

Put ingredients, except vanilla, on the fire to boil. Stir until dissolved and stir frequently while fudge is boiling to prevent its sticking to the pan and burning.

Boil until the syrup forms a soft ball when dropped into cold water. Remove from the fire, add flavoring and beat till creamy. Pour into greased pan, mark into squares and set aside to cool. When cool, cut and pile squares onto a plate or pack in a box.

CHOCOLATE FUDGE.

Add six level tablespoons of cocoa or two squares of chocolate to the above recipe for fudge. Chocolate makes the fudge richer than cocoa.

NUT FUDGE.

Stir one-half cup of chopped nuts into the fudge mixture just before it begins to thicken and is ready to be poured out. The flavor of the nuts is better if they are not added while the fudge is hot.

Black walnuts and pecan nuts are richer in flavor and are best to use in candy. They are hard to prepare, however, because the meats do not come out easily and English walnuts are more commonly used because it takes less time to prepare them.

COCOANUT FUDGE.

Make plain fudge and add one-half cup of grated cocoanut just before turning out into the pan.

FRUIT FUDGE.

Candied cherries, citron, raisins, currants can be stirred into the fudge just before pouring out. If currants are used they should be cleansed thoroughly, either being washed with water and



Instruction for Our Junior Housewives

dried or cleaned by rubbing them with flour and shaking off the flour.

PANOCHA.

Panocha is nothing more than nut fudge made with brown sugar instead of white. The brown sugar gives the candy somewhat the taste of maple candy. Vanilla is not always added to panocha, but if it is used it makes the brown sugar taste more like maple.

HARD CANDIES.

Hard candies are nearly always boiled longer than the creamy candies, being left over the flame until they make a hard ball in water or spin a long thread on being dropped from a spoon.

Peanut brittle is the quickest and simplest of all hard candies to make. The danger here is in burning the sugar and it must be watched carefully so that it can be taken off the fire as soon as it is melted. The sugar is inclined to stick to the pan and burn and must be stirred constantly to avoid this.

RECIPE FOR PEANUT BRITTLE.

Two cups granulated sugar, one-fourth teaspoon salt, one cup chopped peanuts.

Melt the sugar slowly in a shallow fry-pan, stirring constantly. As soon as the sugar has melted, add salt and nuts and pour out immediately.

NUT TAFFY.

One cup sugar, one-half cup water,

one teaspoon vinegar, two and one-half teaspoons molasses, one-half teaspoon salt, one tablespoon butter, one cup chopped nuts.

Cook together the sugar, water and vinegar for five minutes. Add the other ingredients and boil till the syrup forms a soft ball in cold water. Have the nuts ready and stir them immediately into the candy. Pour quickly into a greased pan.

This candy is often made into patties by pouring it into muffin tins or small cake pans.

GLACÉD CANDIES.

Two cups sugar, one-half cup water, one-eighth teaspoon cream of tartar.

Boil ingredients till the syrup forms a hard ball in cold water. Dip in the fruit to be glacéd and set out on waxed paper to harden.

Do not attempt to glacé any fruits that are juicy. If it is desired to glacé the juicy fruits they must be candied first.

Dates can be stuffed with nuts and dipped into the syrup.

Figs are cut into pieces about one inch square and then dipped.

Candied pineapple, orange and cherries are often dipped into the syrup. Nuts are also very good when glacéd in this manner.

The syrup should be kept in a pan of hot water while the fruits are being dipped.

GOOD RECIPE FOR BEATEN BISCUIT



HIS recipe has been requested from the National Headquarters and has been secured from an expert.

Cannot our members from the Southland send in their own particular recipe for Beaten Biscuit?

Members in the North, East and West would like them.

Recipe for Beaten Biscuit

2 oz. Snowdrift.
10 oz. flour.

Level teaspoonful salt.

$\frac{2}{3}$ cup cold water or milk.

Sift salt and flour together in mixing bowl. Rub snowdrift and flour together thoroughly, then make into such a stiff dough, with water or milk, that no more flour is required in rolling and cutting.

Next, place dough on substantial board and with a pestle or baseball bat beat vigorously till dough blisters. Then roll to about half or three-fourths inch thick, cut with small cake cutter,



TEACHING YOUNG GIRLS HOW TO BUY—SHOPPING TOUR ON STREETS OF NEW YORK

The Cost of Living

Advice on the Art of Buying

By LILA G. A. WOOLFALL



HE first great problems in every home are how to lower the *cost of living*, how to improve the *art of buying*, and how to increase the returns for the *amount of cash* expended.

As we must eat to live, the mere mention of the cost of living turns our thoughts first to the food supply of the family. The expression, "they live well" generally refers to the amount and quality of the food, the preparation of it, and how it is served upon the table of the family in question. In many other respects they may not "live well" at all; they may, in fact, have failed to obtain the best from many phases of life. However, to be well fed and nour-

ished are leading factors in our successful handling of daily affairs.

It does not require statistics to convince the housewife of the increased cost of living in the past few years. It is a fact that must be grappled with persistently, or the food supply of the average family will fall greatly below the required standard.

* * *

It is not only what we pay for our food in the first place, but how we use it after it is in our possession that increases or decreases our bills. The wastefulness of the American housewife is proverbial, and it is a disgrace that it should be so. A little care and forethought would save a large percentage



Brief Rules for Every Housewife

of the waste, and provide even better meals for the same, or even lower cost.

How to Save Money in the Kitchen

LET me give you some advice: Two brief rules have always been in force in the writer's kitchen, viz.: *Never throw away* the left-overs from any service dishes, at least until it is proved that they cannot be of further use, and, *never save* the scraps from individual plates.

Too often the undisciplined maid throws into the garbage pail the ingredients of many a tasty side dish, or salad, or again, in her zeal for economy saves some tempting bit from an individual plate, which fact alone should condemn its further use.

Every housewife should carefully inspect her refrigerator daily, and plan for the use of its contents, in preparing the menu for the following meals.

In winter, the stock-pot for wholesome soup affords a worthy receptacle for all bits of bone and meat and most of the vegetables that remain; while in summer, cold vegetables of all kinds can be served as the most appetizing combination salads. The same may be said of fruits too, but none of these must remain long in the ice box, or they are not safe to use.

* * *

Marion Harland, that dean of American writers on household topics, tells a very amusing anecdote in a recent article on kitchen work, that is also a forceful commentary on the lack of vigilance on the part of some housewives. A colored cook in an apartment assures her mistress that the family upstairs must be "awful rich," because "ma'am, dey do suttinly have de swelles' garbage."

The "swell" garbage consisted of halves of grape fruit, loaf ends of bread, chunks of cake, stalks of celery, and many other such treasures! When there are so many hungry people in the world does it not seem a crime to deliberately

throw away anything that is good to eat?

Oftentimes small portions may be made to patch out a meal by catering to individual tastes, for one member of a family may relish a certain vegetable, or a cold cut, while another may be equally well satisfied with a bowl of soup, at luncheon. Desserts may always be used up in this way, especially where there are children.

How to Buy Foods Economically

JUDICIOUS buying is an art in itself, and results in a very marked increase in the quantity and quality of the food served. As a principle of successful and inexpensive providing it is generally well to purchase in fairly large quantities *and for cash*. Almost every merchant offers inducements for cash, that necessity in the successful conduct of his business.

However, while certain commodities contribute toward a general saving if purchased in quantity, such as flour, potatoes, sugar, and many kinds of canned goods, because they are of necessity in constant use, there are others that lead to a more extravagant indulgence in luxuries simply because they are in the house. We would not perhaps buy them at this time, or use them so often, had we not an abundance on hand.

Then again, we may be justified in raising the standard of the meals, because by purchasing in quantity, and "cheap for cash" we can provide a better menu for no greater outlay.

When buying in fairly large quantities care must be used to select goods that are not perishable, or they will not last until the supply is exhausted.

* * *

Fruit should be purchased fresh every day, or second day at most, as over ripe fruit is a menace to health, but fruit in its prime should form a part of the daily diet, and not be considered a luxury.

The unfortunate practise of falsifying weights and measures contributes largely



Hints for True Economy in the Home

to the failure of many housewives to get their real money's worth, and to avoid this it is well to patronize one tradesman after he has been proved reliable and trustworthy. *Little is to be gained by shopping around for bargains in food stuffs*, for often the goods prove to be old stock, in staple groceries, or over-ripe fruits or vegetables.

Beware of such bargains—they may prove costly in the end.

Undoubtedly, the most expensive article of diet is meat, and yet, unless one is a vegetarian, it is a very important one.

It is a fact, however, that many of the cheaper cuts are quite as nourishing and tasty as the more expensive ones, as the housewife can prove if she does her own marketing, and knows how to buy. It is in their proper preparation that much of the value of these cuts lies, and the woman who uses a fireless cooker with its slow processes of extracting the juices, proves the truth of the above assertion.

Do Not Let Your Money Slip Away

WE have dwelt at some length upon the phase of the question under consideration that relates to the food supply, but each instance quoted above may serve as a precept, or illustration of a truth to be applied to all other departments of providing for the comforts of the home, and the welfare of the family in general.

"Give her a dollar to spend and she will make it do the work of two," was the recommendation one woman gave of another in speaking of the latter's ability to extract the full one hundred per cent. of value, and even more, from the sum expended. It was, however, the result of years of training, for in girlhood it had been said of her:

"You always have something to show for the money you spend."

Herein lies a great principle.

LOOK out for small leakages.

Money slips away in dimes, quarters

and dollars, and many times there is little or nothing to show for it. Watch these often needless expenses, and when you buy invest a larger amount in something worth while.

This does not necessarily tend towards niggardliness; rather it is true economy. Economy is a much maligned and misunderstood term. A careful expenditure in one direction will often allow of a proportionately generous outlay in another.

* * *

An expense incurred by a person of limited income might be an unwarrantable extravagance, while the same would be but a justifiable indulgence in one of larger means.

All standards of living must be based upon the fullness of the source of supply.

The man who lives simply and spends less than his income, is far richer than the one who exceeds his limit, and is tormented by creditors, and harassed by unfulfilled obligations. The surest way to obtain the most material benefit and ease of mind from any stated income is to resort to the methodical budget system.

If each week or month the sum required for certain recurrent expenses is set aside and religiously held for that use alone, the result is a degree of satisfaction that is incalculable; and the margin allowed for incidentals, charities, and occasional indulgences is more fully appreciated, because of the assurance that there is no danger of overstepping the limits, and falling short on the necessities.

Do You Make Your Own Clothes?

THE woman who must clothe herself and her family on a small allowance often makes the mistake of buying cheap goods. This naturally results in a tawdry style of dressing which identifies the wearers as below par in taste and good judgment. Some serviceable mate-



Valuable Advice on Art of Buying

rials may be cheap at times, and then the bargain should be seized upon with avidity, but really cheap materials will always show their true nature.

"All wool and a yard wide," has become a proverb that stands for excellence of character as well as dress goods, and those qualifications are the right ones to require. One may tire of a garment of excellent material before it is worn out, but usually it will admit of a variety of changes in cut or trimming; or by dyeing, or even redyeing, can be made to seem like new.

A well *cut*, well *made* and well *pressed* suit of fine material will always stamp its wearer as *well* dressed, until the fabric is actually past using longer, or the style has become really antiquated.

When that point is reached it may still be cut over into a garment for a younger member of the family, if the material is still strong.

In cotton goods white is by far the cheapest and daintiest to wear. There is no color to fade, and if badly soiled it will stand any amount of boiling. It is always becoming, and a simple, white cotton gown will be quite as appropriate as a costly silk one, at many an imposing function. Much depends, however, upon quality, style and ornamentation, the simpler the better for the latter.

When is a Bargain Not a Bargain?

THERE is immense satisfaction to be gained from buying a bargain, but remember that nothing is really a bargain to that particular buyer who does not feel a pressing need of the article at present, or can see a definite use for it in the future.

There is in addition to the foregoing a phase of economy in expenditure which must be practised if one is to profit by a judicious use of available finances, and that is the proper conservation of physical strength and energy, and

a wise apportionment of time for given duties and obligations. The woman who overtaxes her strength in earlier years, especially during the child-bearing period, may find, in fact, probably will find that in later life she has no reserve fund of energy and physical endurance with which to meet the demands of her declining years.

When one is well and strong, and in the prime of life, it is hard to realize that there will come a time when overstrained muscles, tired eyes, and fagged-out brain will cry out for rest, and what real enjoyment can we get from our carefully hoarded fund of savings if we have no health and strength to sustain us at what should be our real period of pleasurable participation in the events occurring about us?

* * *

WHEN a family has been well reared and has established each in turn his or her own home fireside then is the time for mother and father to relax the pressure of earlier years, live on the accumulations of that time, and enjoy the development of the younger generation, without such responsibilities as the past has entailed upon them. If too, they are progressive and public spirited they will now find time for participation in interests and occurrences from which they were debarred by the cares of a family.

This enjoyment of the blessings of later life can only follow upon a systematic handling of our *present* financial obligations, which affords peace of mind and physical relaxation during the years when the stress of daily toil and pleasure make great demands upon our mental and physical organizations.

Aim then for the wise economy in all things that make for a comfortable independence when the years of struggle have ceased, for there is no better financial return for an outlay of time and money than this unqualified sense of well-being in old age.

Housewives Progress—What Our Women Are Doing

CAMPAIGN IN RHODE ISLAND

By ROSE C. HILTON

What is the Housewives League doing? What good does it accomplish? What reason has it for existence? These questions are frequently asked. Here is one answer—it is but one of many hundreds. This article tells you what the Housewives League is doing in one city alone—the city of Providence, Rhode Island. Read it and multiply it by several hundred in as many other cities and you have the answer to every question.



DURING the seven months covered by this report the Providence Housewives League saw an increase in the number of its active workers and by the assistance of sub-committees on markets, candy, ice cream and cream, laundries, soda fountains, marketing, etc., lightened the work of the Investigation Committee. Altogether fifty women carried on the investigating and constructive work of the League.

At the monthly meetings of the Directors these committees reported and exchanged helpful suggestions. The League held five meetings—two open meetings—the rest for members. The Annual Meeting was held in October. At this meeting it was voted to change the date of the Annual Meeting from October to May.

Lectures on Coöperative Buying

IN November an open meeting was held, the subject being Coöperative Stores. Mr. Emerson P. Harris, of Montclair, N. J., and Mr. John Baldwin, of Manchester, England, were the speakers and told what is being done in this line in other places. At an open meeting in January, the Extension Agent of the U. S. Department of Agriculture, Mr. David Elder, gave a talk illustrated by

lantern slides on eggs and apples—describing the qualities of different kinds of apples—the collecting and handling of Western eggs—the new plans of the Rhode Island Poultry Association—and the establishment of Farm Bureaus.

At the Food Fair held in January, the League had a booth, and by the use of screens, explained in a convincing manner the objects of its work and existing conditions in regard to milk and other food products. Especial attention was called to the labeling of eggs and good and bad markets.

Question Box for Housewives

THREE women were always present to answer questions—much interest was manifested by the public and many new memberships were taken.

A social meeting was held in April to give an opportunity for the asking of questions in regard to the work of the Housewives League and for discussion. The President spoke of her visit to the National Housewives League, her investigation of the bread situation as affected by the increased price of flour and her inspection of the open markets in New York City. Tea was served from ten tea tables, each presided over by ten members of the League.

At the members' meetings held in January and May the committees reported upon their work. Two hundred markets were visited by the Section Committees on Markets and conditions of the majority were described as excellent.

The Candy Committee gave reports of visits to manufacturers in Providence and Boston (as Boston supplies much of the candy sold in Providence) with an effort to find where clean and pure penny candy could be obtained.



Achievements of the Housewives League

Investigations into Clean Shops

THE Laundry Committee reported the inspection of twenty-two (22) laundries and wet wash establishments. One laundry visited the year before had spent \$2,000 for improvements as a result of the committee's suggestions. The need of live steam or boiling water for sterilization was emphasized and members were warned to look with question upon such terms in laundry advertising as "Hand Laundry," "Steam Laundry," "Each wash done separately," "No bleach used," etc.

The Ice Cream Committee, in describing ice cream plants visited, mentioned the astonishing variety of material used in ice cream manufacture and explained the possible danger of ice cream cones.

The Bakery Committee gave an encouraging report of the great improvement in three of the bakeries formerly found most unsanitary.

Investigations at Soda Fountains

THE Committee on Soda Fountains reported conditions found in drug stores and department stores and gave the members of the League the advantage of knowing the places where the best methods of washing and caring for glasses and spoons are used. At the same time the committee urged each member to notice for herself the care taken at the places where she trades.

The Committee on Prices kept a record of meat and egg prices at the principal markets, comparing them with each other and with prices in nearby cities.

The Marketing Committee investigated the possibilities of the Parcel Post for farm produce in Rhode Island, interviewed farmers and studied the situation in Providence as to a public market. This committee was also able to purchase for the members, apples, potatoes, eggs, turkeys and butter, direct from the producer.

The State Organizer spoke before many Mothers' Clubs and other organi-

zations in Providence and neighboring cities and your President addressed several societies on the work of the Housewives League.

The Investigation Committee gave unlimited time and energy at the beginning of the year to the bill requiring the correct labelling of storage eggs and was repaid by its passage in March, the law taking effect Sept. 1, 1915.

In March the Committee was called upon by Mr. Dunn, counsel for the American Specialty Manufacturers Association, to support a bill prohibiting the use of coloring matter in the making of macaroni.

As the Committee at such short notice had no opportunity of hearing more than one side of the question, it was unable to form a fair opinion, so could not give the bill definite support, but attended the hearings.

The Committee made a trip to Boston to the headquarters of the Direct Importing Company with the purpose of getting information for the benefit of League members.

Investigation Into Prices of Meat

IN the spring an invitation from the New England Association for Rural Progress to attend the Annual Meeting at Faneuil Hall, in Boston, was accepted by the Chairman of the Committee, who during the trip was taken through various wholesale establishments for meat and produce, a cold storage plant and a milk and cream plant.

A representative from the Department of Markets of the U. S. Government came to Providence in April to investigate markets. While here he was asked to confer with the Investigation Committee, and confirmed the conclusions arrived at by the Committee on Prices, namely, that considering the way meat is cut and trimmed and the quality sold, the prices are not higher here than in other cities. He also spoke of the high standard in sanitary conditions of Providence markets.



Housewives Work for Public Welfare

The Magazine and Membership Committees added to the efficiency of the League with ninety-two new members and an increase in the number of subscriptions to the Housewives League Magazine.

The Chairman of the Junior League did much to interest potential housewives in what the League stands for and a Junior League Branch was started at Kingston, R. I.

A new Committee was formed in the spring for the establishment of milk stations, your Council being desirous of doing constructive work along this line. A report in full from the Committee will be found elsewhere.

Because of the League's expressed desire for closer relation between producer and consumer your President was invited in January to a meeting and luncheon of the Fruit Growers' Association, and asked to speak on the consumer's point of view.

Food Supplies in Municipal Markets

YOUR President gave much time to study of the municipal market question, visited the open markets in New York City, kept in touch with the reports of the Bureau of Markets of the U. S. Government and conferred with the Market Committee of the City Government with the hope that Providence might be among the cities which, having awakened to their obligations in

relation to their food supply, are conducting successful markets and by so doing are stimulating production through their farming districts and are lowering prices to the consumer.

The League meetings showed a gratifying attendance of one hundred and fifty to two hundred and the interest manifested, together with the progress of the work, assured your President of the splendid loyalty and support of the eight hundred members of the League.

With the better understanding of the League's aims, the coöperation of producers, dealers, business men and officials has increased.

It is more and more evident that the responsibility for conditions in the manufacture and distribution of food stuffs and merchandise lies largely with the consumer. The indifference and ignorance of the housewife has done much to make possible fraud, unsanitary conditions and inflation of prices. Her interest and understanding of conditions will make her demands to trades people increasingly fairer and there is no question but that the fair demand of organized consumers will meet with a ready response from producer, manufacturer and dealer.

The Housewives League's responsibility increases with its recognition in the business world.

ROSE C. HILTON.

MILK AND PUBLIC HEALTH—By MARY C. BRACKETT

LAST spring, in order to make it possible for people in certain sections of the city to secure fresh, clean milk for baby feeding, the League voted to establish one or more Milk Stations. The Providence Journal made an appeal for funds and acknowledged the contributions (which amounted to \$565), in their columns.

With the cordial coöperation of the Federal Hill House Association, who offered the use of their house and the ser-

vices of their worker, Mrs. Haight, the first station was opened there on June 13th, and less than ten quarts a day was sold at first. The demand has steadily increased until in September nearly seventy quarts were dispensed daily. The people soon found that babies fed on that milk flourished and once convinced of that fact became enthusiastic in spreading the news to their friends.

You will be interested to hear about a few of the cases which are typical of



Housewives Campaign for Pure Milk

many babies who were fed on this milk.

A very frail, tiny baby was being fed on store milk. The mother came to the station for milk and the baby began to gain at once. After three weeks the mother stopped buying at the station and went back to the store. The baby began to go down hill and was desperately sick when last seen.

Baby X has gained from 8 to 12 ounces every week since having this milk, though when they began the baby was very puny.

Baby D has been having the milk the last three weeks and has gained a half-pound a week, though in very poor condition when first brought to the clinic.

The first week in August, with the Federal Hill Station well established, the second station was opened in Olneyville, at Grace Memorial Home, on Delaine Street. The use of a room at the Nursery was offered and the matron has been untiring in her efforts to help in every conceivable way. We were fortunate in securing for our attendant there, a graduate nurse whose interest and enthusiasm in the work are unlimited. Here again we began by selling less than ten quarts a day, but the demand has steadily increased and we are now putting out between thirty and forty quarts a day.

Saving the Lives of the Babies

ABOUT the middle of August we opened our third and last station at the North End Dispensary, on Orms Street, where we were most cordially invited to use the building by the organization. Because of the later start and a consequently smaller advertisement it is hardly fair to report this station at this stage, but we have every reason to believe that in an equal length of time it will be equally successful.

Satisfactory reports are given by the District Nurses about the babies in these districts. One nurse tells of a baby weighing $2\frac{1}{2}$ lbs., and unable to retain any food. The grandmother walked a mile and a half to the nearest station to get milk, the baby immediately began to

gain and has gained steadily until now it weighs 12 lbs. The mother and grandmother say it is due entirely to the milk.

They tell also of another baby who is in a house where dirt reigns supreme. The house is dirty, the mother is dirty and the baby would seem to have no chance. The nurse has showed the mother how to modify the milk but feels not too sure that directions are followed. In spite of all adverse conditions this baby has improved and the nurse says the milk is the only thing in its favor.

Value of Milk as a Food

AT each of the stations we have had occasional calls for milk for adults in cases of sickness and we have assurance that a large number of babies, not reported because not sick, have been kept in good condition. We have, therefore, reason to believe that each of the stations has been a safe-guard to the health of the district. At each station, also, the Society for Organized Charities has purchased milk for people living in the district.

The stations have been of educational value to the districts by demonstrating the value of milk as a food—a fact that is not generally understood by many foreigners—and also by showing the desirability of fresh, clean milk for baby feeding.

It was the original intention of the League to keep the stations open for the summer months only, but, realizing what the milk is doing for the districts the Council voted to continue the stations through the winter. With doctors, nurses and social workers urging us to keep the stations open as long as possible, with a reasonable balance to our bank account, and with the welfare of the babies at heart, we shall continue the work for the present.

Coöperating with the Producers

THE success of the stations has been due in no small measure to the co-operation of the organizations who have

Newspapers Co-operate with Housewives

given the stations abiding places, and to the interest of the attendants. Mrs. Haight, Miss Clark and Miss Whitman at Federal Hill House; Miss Rhodes and Mrs. Mehaffey at Delaine Street; and Miss Guild and Mr. Powers at Orms Street, each have generously worked to put the stations where they are to-day and the Milk Station Committee acknowledges its appreciation to them all as well as to the District Nurses and City Nurses who have been unfailingly interested to help.

Acknowledgment is also made of our appreciation to the Health Department who loaned us refrigerators for each station, and to the Pocasset Ice Co., who have furnished the ice at a special price, to the Standard Printing Company for

printing, and to the Providence Paper Company for supplying the stations all summer with paper bags in which the bottles of milk are carried away from the stations, and for offering to continue to supply them for the winter.

We would express our gratitude to the Providence Journal for launching the experiment and to each and every contributor who was interested to support this new work. Especially do we feel grateful to the Milk Producers, Mr. Gammons and Mr. Petersen, who by constant care and watchfulness have supplied us with milk of a quality and cleanliness that has made these results possible.

MARY C. BRACKETT,
(For the Committee on Milk Stations).

FIGHT AGAINST TRADING STAMPS AND COUPONS

PUBLIC sentiment is being aroused in many States against trading stamps and coupons—for the reason that they represent a form of illegitimate advertising—making a pretense of giving something for nothing.

A Coupon Company, as well as a Trading Stamp Company, is a parasite on business—a third party—reaping a profit to which it is not entitled. A Coupon Company induces the manufacturer to pack coupons (which it sells to him) in his goods by the promise of the advertisement his products will get. In reality the manufacturer, in addition to paying for the coupons, has to advertise the fact that he is packing them and has to pack a coupon which advertises not his own goods but the Coupon Company, for no mention is made on the coupons of the manufacturer or his goods. These Coupon Companies pay high salaried men and maintain expensive offices, besides furnishing premiums and making a presumable profit, for all of which the consumer pays.

The coupon induces customers to buy goods not for their quality, but for the

coupons they contain, thereby creating a fictitious value and forcing the retailer to carry goods in answer to a demand for coupons without regard to the merit of the goods.

How can the housewife hope to reduce the cost of living or retain the respect of the dealer if she buys so unintelligently?

The Retail Merchants' Division of the Providence Chamber of Commerce has remonstrated against trading stamps and coupons and has done such active work that a number of companies have been persuaded that there was no chance for them to do business in Providence. It has convinced some of the manufacturers who were most enthusiastic at first that it is not to their advantage to pack coupons with their goods. Some retail merchants are refusing to handle goods containing coupons.

Is the housewife going to be the last to see the fallacy of the coupon business, or will she do her part by selecting goods without coupons?

Will she not help the retail merchant against such an insidious evil, and in so doing protect herself?

MESSAGE FROM NATIONAL HEADQUARTERS



THIS past month has been a most active one at Headquarters and throughout the field. Reports are coming in every day of work accomplished and new work planned.

The Executive Committee has had several important conferences and your National President has attended many meetings. We have had new Leagues organized and new individual members have joined.

There was a most important conference called by Commissioner Charles S. Wilson, of the New York State Department of Agriculture. This conference was held in the Assembly Parlor of the State Capitol at Albany and was composed of representatives of State organizations, State colleges and other schools, the agricultural press and the members of the Agricultural Advisory Board.

The purpose of the conference was, as stated in the call, to consider changes or modifications in our present agricultural laws; to contemplate new enactments which may be necessary to meet new conditions which have arisen in the development of agriculture.

The call further states that this would be a systematic effort to formulate the ideas of the agricultural people of the State as to needed changes in the present law, or additional legislation, and that it was the desire of the commissioner to draw up in concrete form for submission to the Legislature when it convened in January.

This was an attempt to get concerted action and to cut out conflicting or competing bills. The conference was remarkably well attended, representing the best agricultural interests in the State.

The conference was called to order by the Commissioner of Agriculture acting as temporary chairman. Mr. A. B. Morrell, of Kinderhook, was then elected permanent chairman.

The conference was immediately di-

vided by the chairman into five groups. These groups were as follows:

Group I.—Animal Industry.—(a) Dairy Products; (b) Infectious or Contagious Diseases.

Group II.—Plant Industry.—(a) Fruit Grading and Branding; (b) Fruit Bearing Trees; (c) Insects and Insecticides; (d) Fungi and Fungicides.

Group III.—Foods, Feeds, Fertilizers. (a) Concentrated Commercial Feeding Stuffs; (b) Sale, Adulteration and Misbranding of Food and Food Products; (c) Sale and Analysis of Commercial Fertilizers; (d) Turpentine, Linseed or Flaxseed Oil.

Group IV.—Commercial Relations.—(a) Coöperation; (b) Marketing.

Group V.—Education.—(a) State Institutions.

These groups retired for conference to report at the afternoon session. At 1 o'clock the conference again convened and heard these reports which were most interesting.

You will notice by the groups and their divisions that there was much of interest in this for the consumer. In Group I. we have Dairy Products. In Division "B," the Infectious or Contagious Diseases which, of course, is of vital importance to us in our study of the cost of living. In Group II., while all of the items affect the consumer, we should be concerned in Division "A," The Grading and Branding of Fruits and Vegetables. In Group III., Division "B," the Sale and Adulteration and Misbranding of Food or Food Products calls for our attention. Group IV., on Commercial Relations, Coöperation and Marketing, are all of vital interest to the consumer.

I am calling your attention to these items in order that you may study the situations within your own states and your own Leagues and get material for your studies and take up these points with your own local and State authorities.

MRS JULIAN HEATH.

Romance of St. Valentine's Day



VALENTINE'S Day! Does it make your blood tingle and your heart throb a little faster? Does it recall those golden days when you read with secret thrill the tender message, mysteriously sent, enshrined in paper lace and tinsel? It surely will if you are not an unsympathetic and joyless creature with the memories of your youthful days pushed to one side.

In these gray and unromantic times Valentine's Day is not the joyously welcomed event it used to be. It is in danger of losing its place among our time-honored festivities and being relegated to the background with other outworn customs.

There was a time when the day devoted to the patron saint of courtship was one of the most important in the year—a day eagerly anticipated by lads and lasses in all stations and all degrees of entanglement in the little god's meshes.

Now the day is being handed down to the children as their plaything and its purely sentimental quality has almost vanished.

But we have not yet reached the point where we can dismiss, without a thought,

the old, old day dedicated to the god of love. Some of us still cling to Saint Valentine's Day, changed though it is.

Stress of modern life has made the manner in which we observe the day more complicated. No longer the simple, hand-made tender missives. Fruits and candies, pictures, flowers and books have taken their place.

It requires wide purse strings nowadays, to send a valentine; whereas it used to require little more than the friendly wish to send a sentimental token.

Most of the pretty customs belonging to the day have perished also; but there remains still the opportunity to send an anonymous gift to a dear one and the custom is a pleasing survival of old times.

This custom bids fair to outlast the original significance of the day, for the receipt of a mysterious gift, coming from we know not where, is not without its appeal, even in these prosaic days. Among men and women occupied with a thousand and one busy affairs it is hard to keep alive the spirit of a day given over entirely to sentiment, and it is perhaps no wonder that the day is losing its significance as a day of honor to the patron saint of lovers.





MRS. GEORGE W. LATHAM

Photograph by Champlain Studio

INVESTIGATOR FROM MONTREAL HOUSEWIVES LEAGUE

Canadian Investigator Visits the League



WE have had many important visitors at our Headquarters during the month and could not begin to name them all, but among them stands out Mrs. George W. Latham of Montreal. Two years ago I reported my visit in Canada and the formation of the Montreal Housewives League. Mrs. Latham was sent by the Montreal Housewives League to visit our Headquarters and to study the work and workings of our League at close range. Mrs. Latham

has spent as much of her time as possible at Headquarters studying the work here, has been in our Executive Committee meetings, has visited local leagues and some of our local factories, including Loose-Wiles Biscuit Company, Franco-American Food Company, Fleischman's Bakery.

Mrs. Latham's visit has been a great pleasure and we also feel that we are becoming a real guide for housewives wherever they are organizing.

RETAIL GROCERS EXTEND THEIR COÖPERATION

ANOTHER visitor was Mr. Frank B. Connolly, President of the National Association of Retail Grocers. Mr. Connolly was on a whirlwind tour of the United States and we really appreciated his call at Headquarters. Mr. Connolly assured us of the loyal support of the Association of Retail Grocers.

This is real coöperation which we have been working for and seeking. It is with pride that we again say that we are constructive workers and we believe

that coöperation will adjust many of our so-called problems.

Mr. Frank B. Connolly, in addition to being President of the National Association of Retail Grocers, is Secretary of the California Retail Grocers and Merchants Association, Secretary of the Retail Grocers Association of San Francisco, President of the Connolly Brothers, Inc., and Editor and Manager of the Retail Grocers Advocate.

SEEKS ADVICE FROM THE HOUSEWIVES LEAGUE

Dear Friends:

I have read with much interest the article of Mr. David J. Hickey on "How Our Butter is Made" in the November issue of your valuable magazine.

Can you give me the address of one or more reliable creameries where they pasteurize their cream and whose butter is strictly sanitary and good?

In this market our Vermont butter is considered to be the best, but I have seen cows milked and milk put up and sent to the creameries under conditions far from your standard.

Milk is sent by farmers to creameries; their big cans come back; are taken to the trough where the animals drink; the

man takes his "rag" from the nail and swashes the cold water around inside the can and inverts the can on the stake to drain and dry. No steam jet ever touches these cans, yet they daily receive the warm milk from the cow, and convey it to the creamery from which to make our "delicious Vermont butter." In some cases this cream is pasteurized, in other cases it is not.

I would like to supply our school from a creamery that pasteurizes its cream; is strictly clean; where they work out the buttermilk or water and give us solid, wholesome butter, free from taint or suspicion.

A READER.



Lessons in Cooking

These Lectures Are Given Daily at the National Headquarters of the Housewives League in New York by the Leading Experts

Under Supervision of MISS EDITH DESHLER
National Vice-President, Housewives League

The Cooking School at the National Headquarters of the Housewives League is giving instruction this winter in the various problems of the culinary art. The year 1916 is to bring forth many new recipes in these pages. The lessons under Miss Emma Bossong, an expert in domestic science, are exceedingly valuable to every housewife.

Bread Puddings

THE housewife often finds it advisable to disguise a bread pudding by adding a few fancy trimmings, for she finds that her family is apt to resent the idea of being "hoodwinked" into eating stale bread and calling it pudding.

The bread, therefore, must be made to take second place to other more-dessert-like ingredients. To be sure, this procedure takes away one of the chief characteristics of bread pudding, namely, its cheapness, but the housewife will find that if she doctors it up a bit, her bread pudding will be welcomed more cordially than the old-fashioned kind.

The secret of using bread in pudding consists in making it into fine crumbs, so that the fact that it is nothing more than stale bread does not suggest itself. The same is true in using stale cake.

Keep Supply of Bread Crumbs on Hand

THE efficient housewife keeps a supply of bread crumbs on hand, ready for use at any time. As stale bread accumulates, it should be made up into crumbs and put away. Glass jars or paper or cheesecloth bags are useful for storing bread crumbs. They should not

be covered tightly as the shortening used in the bread will become rancid if the container is kept too tightly closed.

For rolling croquettes, cutlets, etc., the crumbs should be powdered and sifted through a strainer. For puddings and soufflés, the bread can be broken up into small pieces and put away for future use.

By the addition of extra eggs, fruits, nuts or jelly, a bread pudding can be completely transformed and will be as popular as any other dessert. Such a "glorified" bread pudding is called Queen Pudding.

How to Make Queen Pudding

- 4 cups milk
- $\frac{3}{4}$ cup sugar
- 3 eggs
- $\frac{1}{2}$ teaspoonful salt
- 2 cups stale bread crumbs
- 1 glass jelly
- 3 tablespoons powdered sugar.

Beat the eggs, add sugar, salt and milk. Add bread crumbs. Pour into buttered pudding dish and bake in a moderate oven from one half hour to three quarters of an hour.

Test by inserting a silver knife into the middle of the pudding. If there is no sign of liquid on the knife when it is removed, the pudding is done. If the pudding becomes watery on the sides, it has cooked too long and the eggs have separated.

When the pudding is done remove from oven and spread with jelly and then with meringue made from the stiffly beaten whites of the eggs and powdered sugar. Place in oven for a few minutes to brown and serve hot or cold.

Strawberry jelly or jam adds a very good flavor to this pudding. Grape and blackberry jelly are less desirable than



How to Make Bread Puddings

other jellies because they discolor the pudding and make it less attractive.

Various flavors, such as chocolate or caramel, can be added to the pudding and the jelly can be omitted, if desired. Candied fruits, raisins, currants and nuts can be used to give flavor in place of jelly. The whites of the eggs can be used in the pudding instead of the meringue, but this, of course, makes a less attractive pudding. If the meringue is not used, serve with a hard or foamy sauce, recipes for which are given below.

Brown Betty presents another means of using stale bread.

- 1 cup bread crumbs
- 2 cups chopped apples
- $\frac{1}{2}$ cup sugar
- 1 teaspoon cinnamon
- 2 tablespoons butter.

Butter a baking dish. Place a layer of apples in the bottom of the dish, sprinkle sugar and cinnamon on top, place a layer of bread crumbs on top of this and add butter cut into small bits. Continue making layers of apples, sugar and crumbs until the dish is filled. Cover dish and place in oven. Let steam three quarters of an hour, or until apples are soft. Remove cover and let brown for fifteen minutes.

If the mixture begins to dry while bak-

ing, add water enough to moisten the apples. Usually, however, the juice from the apples makes the mixture moist enough. Serve with hard sauce.

Recipe for Hard Sauce

- $\frac{1}{4}$ cup butter
- 1 cup sugar
- Flavoring.

Cream the butter, add the sugar gradually, stirring until the mixture becomes smooth and creamy. Add any flavoring desired. The beaten white of an egg stirred into the mixture makes it lighter and more delicate.

Foamy or hot sauce can be used in place of hard sauce, if preferred.

How to Make Foamy Sauce

- $\frac{1}{4}$ cup butter
- 1 cup sugar
- $\frac{1}{2}$ cup boiling water
- Flavoring.

Blend the sugar and butter until smooth and stiff. Stir in the boiling water and add flavoring. Serve immediately.

Flavorings for either hard sauce or foamy sauce depend on individual taste. A wineglassful of brandy or sherry or the juice and part of the grated rind of a lemon or orange, or vanilla, can be used.

RECIPES FOR MAKING DELICIOUS SOUFFLE DESSERTS



T is hard to think of a more delicate desert than a soufflé. Its very name, signifying a puffed up mixture, suggests its delicate, airy nature.

Soufflés are difficult to make because of their extreme delicacy and because of the fact that they must be timed with such accuracy that they can be served immediately after being removed from the oven. Although they rise very high and are extremely puffy when baked

properly, they fall very soon after being taken from the oven.

If one is not certain just when the soufflé is to be needed, it can be mixed and set aside for a while before baking, without danger of falling. To get the best results it should be put into the oven just twenty minutes before it is to be served.

It will surely fall if allowed to stand very long after baking and it is better to make the family, or guests, wait for the soufflé than to let it wait for them.



Recipes from Housewives Cooking School

Do Not Make Soufflés Sweet

AS a rule, soufflés are not made very sweet and the amount of sugar can be varied to suit the taste. Sometimes sugar is left out of them entirely and they are served with a sweet sauce.

Since the whole object of a soufflé is to make it puff up very light, special pains must be taken to beat as much air into the eggs as possible, and to keep it in by careful baking. For this reason, after the ingredients are once mixed, the pudding must not be moved nor jarred unnecessarily.

The baking is important. Bake in an oven hot enough to make a crust that will hold in the expanding air, but not hot enough to make the egg tough.

Serve the soufflé in the dish in which it is baked. If you wish to serve it in individual ramekins, bake the mixture only ten or twelve minutes.

The soufflé can be given more solidity and hence be less difficult to handle by adding cake crumbs to the mixture.

RECIPE FOR CHOCOLATE SOUFFLÉ

- 2 cups milk
- 5 tablespoons flour
- 3 eggs
- 4 tablespoons cocoa, or 2 squares Baker's chocolate
- 2 tablespoons powdered sugar.

Scald the milk, moisten the flour with a little cold water and the cocoa with a little hot milk. Stir the flour and the cocoa into the scalded milk and stir constantly until the mixture thickens. Cook for two or three minutes. Take from the fire and add the yolks of the eggs, well beaten. Then beat the whites stiff. Add sugar and fold into the mixture. Bake in buttered baking dish twenty minutes, or in ramekins, twelve minutes.

RECIPE FOR FRUIT SOUFFLÉ

- 1 cup fruit pulp
- 4 tablespoons sugar
- Yolks of 3 eggs
- Whites of 6 eggs.

Rub the fruit pulp through a strainer to make it smooth. Add the sugar and the egg yolks. Fold in the stiffly beaten whites of eggs and sprinkle powdered sugar on top. Bake in a quick oven five for six minutes.

Prunes, peaches, apricots and bananas are commonly used to make soufflés.

RECIPE FOR OMELET SOUFFLÉ

- Whites of 6 eggs
- Yolks of 3 eggs
- 3 tablespoons sugar
- Grated rind of $\frac{1}{2}$ lemon
- 1 teaspoon lemon juice.

Beat the whites until very stiff, add sugar and continue beating until the mixture is smooth. Add lemon juice and grated rind, pile into a buttered baking dish and cook for five minutes. Serve immediately.

Soufflés may be served plain if they are made sweet, or with a sauce if the pudding does not contain much sugar.

SUNSHINE SAUCE FOR SOUFFLÉ

- 1 cup boiling water
- 2 tablespoons cornstarch
- 4 tablespoons sugar
- 1 egg
- 1 teaspoon butter
- $\frac{1}{2}$ teaspoon vanilla.

Moisten the cornstarch, add the sugar and stir in the boiling water. Add butter and let cook for a few minutes. Beat the egg and beat the hot mixture slowly into the egg. Add vanilla and serve hot.

A more frothy sauce is obtained by beating the whites and the yolks separately and folding the whites into the mixture just before serving.

INSTRUCTIONS ON HOW TO PREPARE KIDNEYS

How To Prepare Kidneys

ONE sometimes hears the use of kidneys objected to on the ground that the internal organs of animals are not fit for human food.

The desirability of kidneys as food is of course a matter of personal taste, and for those who have no scruples against their use they are cheap and palatable.

(Continued on page 80)

KNOX

SPARKLING GELATINE

(*Granulated*)

Where can you find so attractive and tempting a dessert as this Snow Pudding made with Knox Sparkling Gelatine?

Recipes for this and other dishes in every package, or send for our new

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CHAS. B. KNOX CO., Inc.

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Johnstown, N. Y.





Expert Advice by Miss Bossong

(Continued from page 78)

Another objection to the use of kidneys, namely, that they are not easily digested, can be overcome by proper treatment in cooking.

The butcher sometimes sends the kidneys covered with fat. In the case of lamb or beef kidneys, the fat must all be removed before they are cooked. Veal kidneys can be used without first removing the fat.

Hard Portion in Kidneys Indigestible

AFTER the fat has been removed, the next important step is to take out all of the hard portion which is found in the center of the kidney. This part is indigestible and is what makes many people believe they cannot eat kidneys. Sometimes this hard inside portion is removed by the butcher before the kidney reaches the housewife. It is a good plan, however, always to examine the kidney before cooking, even if the butcher is in the habit of removing the tough portion, to be sure that it has not been left.

Before being cooked, kidneys are put through a process to make them tender and to make their flavor more delicate. They are placed, first, in cold water and allowed to heat gradually. This draws out the blood that is in them and also removes the strong, objectionable flavor. The water is then drawn off, fresh water is added and the kidneys are again allowed to come to the boiling point.

At no time allow the kidneys to boil, as this toughens them.

Kidneys can be served whole or cut in pieces. Since they need to be cooked as little as possible, it is often thought best to cut them in small pieces in order that they may be cooked through more readily. In this way one avoids the risk of toughening them by too long cooking.

How to Cook Beef Kidneys

Beef kidneys are more difficult to handle than veal or lamb kidneys. They are also less easily digested and are not commonly used for this reason. To make them tender, heat them slowly, allowing

fifteen minutes to bring them to a boil.

Brown Sauce for Beef Kidneys

2 tablespoons shortening
2 tablespoons flour
1 onion
1 cup water
1 tablespoon Worcestershire sauce
1 tablespoon catsup
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{8}$ teaspoon pepper
1 tablespoon vinegar

Cut onion in small pieces and steam in the butter. Add the flour and brown. Add the water, then stir in flavoring and seasoning. Allow to simmer for a few minutes, then add kidneys to heat. Remove kidneys and place on pieces of toast, and pour over sauce.

Recipe for Stewed Lamb Kidneys

6 lamb kidneys
1 cup stock
2 tablespoonful butter
1 teaspoonful onion juice or one small onion, sliced
1 teaspoon lemon juice
 $\frac{1}{4}$ teaspoon celery salt
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{8}$ teaspoon paprika

Remove the fat from the kidneys and take out the tough, hard center. Sprinkle with salt and roll in flour.

Melt the butter, cut the onion into small pieces and steam in the butter for five minutes. Add the kidneys and steam five minutes more. This does not mean boil, they should barely simmer in a covered saucepan. Stir kidneys around from time to time to brown evenly. Add the other ingredients and let cook slowly five minutes longer. Pour over hot toast.

How to Cook Kidneys with Bacon

Prepare the kidneys as for stewing. Split them in halves. Fry slices of bacon a light brown and fry the split kidneys in the bacon fat. Sprinkle with salt when browned and place on pieces of toast.

To the remaining fat add a little Worcestershire sauce and cayenne pepper and one-fourth cup of water. Bring to a boil and pour over the kidneys on toast.



Betters Your Best Recipe

Take that recipe which you regard as being peculiarly your own—the one by which you make your lightest muffins or your favorite cake—and use RYZON. Results will be better than you thought possible. In the opinion of cooking experts, those you know and trust, RYZON is held to be the very best baking powder ever produced.

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THE PERFECT BAKING POWDER

If your grocer does not have it, send 35 cents and postage for pound tin to address below. Satisfaction is guaranteed or your money refunded.

IMPORTANT Please note that *no more* RYZON is required than of any other baking powder.

Modern recipe books and the cooking schools now use standard *level* measurements. If you do not use *level* measurements, use RYZON exactly as you would use any other baking powder.

GENERAL CHEMICAL CO.
FOOD DEPARTMENT
NEW YORK





MESSAGE from DULUTH, MINN.—Housewives Win



THREE cheers for the Housewives League and all it stands for! When I read its delightfully instructive magazine I am inspired again to push the work harder than ever and delve deeper into activities yet in their infancy.

Personally the work of the League has focussed my attention upon the weak places in our city's ordinances governing the protection and handling of food and has resulted in the strong coöperation of the City Attorney in getting more stringent laws on those points.

To the city we represent a strong organization standing for clean food, the sanitary flour bag, the cleansing of bottles taken from the city dump, the establishment of a good market, and finally the entire elimination of food from the city streets.

The new work for the winter will comprise work of committees for demonstrating inexpensive artistic house furnishings and clothing.

As a by-product of our League's work last winter forty children who, in a large

school district were on the list of the medical inspectors of the school as being undernourished, were given a hot luncheon every day for several months at a cost of \$400.

This year \$800 has been raised by the League for the same purpose and twice as many children will be fed.

We are proud of our League and want to include all housekeepers in our organization, for in spirit, sympathy and work housekeepers are really members of the League and should consider it not only an obligation but a privilege to join a League or start one in their community.

Housekeepers are the spenders of the nation's money and through the instruction of the Housewives League they may be the savers of the nation's finances.

In the future the activities of the Housewives League can mean but one thing—greater health and happiness to the people.

IDA JOSEPHINE WATSON,
President Housewives League of Duluth.

MESSAGE from ILLINOIS—Housewives Big Campaigns



I AM glad of this opportunity to say that the Housewives League has been a great inspiration to me, as well as to the other members of our organization. Its monthly message through the HOUSEWIVES LEAGUE MAGAZINE always spurs us on to greater efforts in that it tells us what other women are doing and what we ought to do.

To our city it has meant cleaner, cheaper and better food, but better than all a womanhood awakened to its power and responsibility.

At present we are making a great effort to educate women to order groceries only once a day, thus doing away with the expense and trouble of many deliveries. Just now we are waging war upon the unsanitary cotton flour sack and are

meeting with most satisfactory coöperation with the Millers' and Retail Grocers' organizations, who promise flour in sanitary containers after January 1.

The Chicago Housewives League expects to publish a bulletin about January 15th, containing the names of all grocers ready to supply clean flour to the consumer.

Our next work will be the education of our members in regard to butter, and in order to begin this work, Professor Bouska, an expert, will speak on the making and grading of butter.

There is great need of betterment in regard to variety and quantity of the regular rations now provided by the county agent's office, and the securing of this is to be our immediate work.

CAROLINE A. BLEY, *President, Chicago.*



THIS sugar has the ideal texture for making icings, frostings and confections—the wax paper lining keeps the sugar smooth and lumpless.



Here is a package cane sugar for every household requirement—the convenient and economical way of using sugar—weight guaranteed.

American Sugar Refining Company



Health Board Must Decide Question

(Continued from page 20)

The resolution in which is embodied the Board's decision reads as follows:

"Sec. 327. **SLAUGHTERING OF HORSES AND SALE OF HORSE FLESH FOR FOOD REGULATED.**—The business of slaughtering horses shall not be conducted in the City of New York, nor shall any horse flesh be brought into, or held, kept, or offered for sale in said City without a permit therefor, issued by the Board of Health, or otherwise than in accordance with the terms of said permit and the regulations of said Board."

Horse Not Susceptible to Disease

THE Board upholds its decision by pointing out that the horse, being the strongest of domestic animals, is less likely to transmit diseases to man than any of the other animals used for food.

The horse is not susceptible to tuberculosis, and this in itself gives it an advantage over the cow as a source of human food.

The only disease which the horse might transmit to man is glanders, and the Board contends that this danger will be discounted if the same care is exercised in the inspection of horses for glanders as is used in examining cows for tuberculosis.

In further justification of its action the Board asserts that any measure which will tend to lower the price of proteid food is a desirable one.

Proteid is the most expensive form of food and, if the use of horse flesh will bring proteid food more easily within the reach of the poor, it ought, the Board maintains, to find favor in the eyes of those who are interested in reducing the cost of living.

The flavor of horse meat is scarcely distinguishable from that of a good grade of corned beef. It may be said to have the taste of "gamy" beef, bearing the same relation to beef as venison bears to mutton.

As soon as the use of horse meat becomes recognized, the temptation will

be to substitute horse meat for beef, just as venison is often palmed off as mutton.

The Board of Health is prepared for this contingency, however, and will take every precaution to see that no purchaser of meat is defrauded.

The intention of the Board of Health is to follow the European custom and sell the meat in stores set aside for the purpose of selling horse meat and plainly labeled to that effect.

This will avoid the temptation to sell horse meat under the guise of beef.

At the present time only one consignment of horse meat has been presented for admittance to the New York City market. The dealer who brought in this meat is waiting for a permit from the Department of Health before he can offer it for sale. After he has the permit he must label the meat plainly and sell it entirely separate from other meats.

Dr. Haven Emerson, Commissioner of Health of the New York City Department of Health, while recognizing the prejudice which must be overcome before horse meat can be placed on the list of commonly used foods, feels that the Board should urge people to make use of this cheap, nourishing food.

"Horse meat is without objection as a food," he says. "It can be made a valuable and cheap addition to the table of thrifty persons.

"The new measure will permit the slaughter of horses under the same restrictions that apply to sheep, hogs and cattle, but substitutions of one kind of meat for another will be prohibited."

The whole question leaves much to be said on both sides. It is at least shocking to our customs in this country to talk about eating our horses. It is not probable that the idea will gain much favor on sentimental grounds, even if accepted by our Health Commissioners.

It is a question that each housewife will decide for her own family: Shall we eat horse meat?



Oranges and grapefruit are the most useful and most delicious of all fruits. They are both food and drink, and may be served in countless ways. Only tree-ripened oranges and grapefruit, grown where soil, showers, and sunshine combine to produce juice, sweetness and flavor, give you any proper idea of the glories of citrus fruits.



Sealdsweet Oranges and Grapefruit Tree-Ripened; Heavy with Juice

The juice content is the test of quality in oranges and grapefruit. You can tell a juicy orange by its weight—never buy for looks alone.

Sealdsweet oranges and grapefruit are left on the trees until all the juice Nature has stored and sealed in them has turned sweet and good by the ripening process she alone is able to carry out so well.

Sealdsweet oranges and grapefruit are picked and packed in sanitary tissue paper by white-gloved workers after being cleaned and polished by delicate machinery and shipped in well-ventilated boxes.

Florida's Choicest Citrus Fruits Marketed by Co-operating Growers

Sealdsweet is the trademark under which is marketed the oranges and grapefruit of members of the Florida Citrus Exchange, a co-operative body of growers who try to merit the trade of discriminating consumers by giving them their money's worth. This organization avoids speculation in its product by selling direct to wholesale dealers who in turn supply retail merchants.

You get full value when you buy Sealdsweet oranges and grapefruit, the dealers make a fair profit and the grower gets a living return for his labor. Buy these fruits by the box whenever you can—money is saved and fresh, sound goods assured. If you are not in position to use a box at a time, insist that the fruit you are supplied with be in the original Sealdsweet wrappers.

You get full value when you buy Florida Citrus Exchange fruits; they are dependable. Many dealers sell Sealdsweet oranges and grapefruit. Yours can furnish them to you—ask for them and insist on having what you ask for.

Scores and scores of useful ways in which to serve oranges and grapefruit are described in booklet of citrus fruit recipes just issued. It is beautifully illustrated with grove pictures and shows typical Florida oranges and grapefruit in natural colors. Send your name and address today for free copy.

**Florida Citrus
Exchange**
626 Citizens Bank Bldg.
Tampa, Fla.





Harmony is the Key-Note for the Home

(Continued from page 28)

tendency to-day should be rather to attach too little than too much importance to the parlor as an addition to the home.

French and English Precedent

THE stately drawing room designed solely for important functions is so many thousand miles removed from the parlor of the average American home, the average city or suburban home, that it has no place in this discussion.

The great mistake has been that in furnishing our parlors it was the fashion for many years to look to the grand salon of the seventeenth and eighteenth centuries for inspiration.

Of course only the mansion type of house could possibly afford to copy in any degree the magnificence and elegance of a Louis XIV. or Louis XV. or XVI. formal apartment—and even where the grandeur of those old rooms was in some degree reproduced it was often in questionable taste, considering the rest of the house.

For the most part that strange delusion under which we labored for so long that any parlor worth calling a parlor, must have French furnishings and that "French" meant necessarily something perishable and fancy resulted in those insipid, over-crowded, yet empty and meaningless rooms of which we have just spoken.

Nothing could be further from the truth than to imagine that all the true French drawing-rooms of the golden age of interior decoration were apartments of grandeur or splendid pretensions. On the contrary the French decorator of the eighteenth century made a fine distinction between the "salon de compagnie" and the "salon de familie."

In England a like distinction was preserved between the formal drawing-room of the nobleman's house and that smaller room furnished with becoming dignity and restraint, but without rigid formality, which they termed the with-drawing-room and which is often furnished to this day with a simplicity

which would astonish those Americans who still cling to the white-and-gold "best parlor" traditions.

How to Choose Your Furniture

SO when we come to the choosing of furniture and decorations for our drawing, or with-drawing, rooms to-day, we may turn to the French or to the English precedent and achieve results as informal as you please. Even to furnish in a period style throughout need not impose a rigid formality providing only that we show the wisdom of choosing the more simple expressions of that period style. But the better plan for the average home-maker is to make no attempt at a prescribed period room, but rather to try to assemble in pleasing harmony such furnishings as show the influence of one century or epoch in the history of art, or which are closely related by their general character and coloring, even though they may not belong to the same "period" at all.

Reproductions of the Chippendale, Sheraton, Hepplewhite or Adam styles seem especially at home in our American parlors, and in the designs of these great masters of eighteenth century England, there is a latitude of choice wide enough to satisfy the individual tastes and needs of us all.

Moreover, to buy worthy reproductions of the furniture designed by these masters is to insure an amount of solid comfort in our parlors which was undreamed of by our grandmothers. But, where good reproductions are found too expensive—though they are not by any means necessarily costly—there are all the charming, simple pieces of early Colonial style to which you may turn.

The Colonial parlor however unpretentious, has a certain quaint charm that is all its own; with one or more big chintz-covered chairs of the old "Queen Anne" or "fire-side" styles, you may make this, too, as comfortable as you please.

(Continued on page 92)

Wheatena

1879

The
Food
of the
Nation

Wheatena

1916

*If you do not know Wheatena write
for a free sample and recipe booklet*

The Wheatena Company

Wheatenaville

Rahway

New Jersey



Save One Hundred Million Dollars

(Continued from page 30)

per cent loss, even on a part of his sales.

In former days, viz., in the days of the general store, when one clerk waited on and sold to the customer perhaps from twenty different lines, the difference in the half-cent was alternated and no such trouble presented itself.

But under the circumstances of trade today such alternating is not possible and would not be permitted between clerks in different departments, and could not alternate in different stores, of course.

With a multitude of needs and a limited income, purchasing in small quantities becomes the rule, but even in large quantities yards or pounds, with the one-half, three-fourths or one-fourth attachment the actual loss is the same.

The loss of four half-cents per week to each of our hundred million people means a loss of over one hundred million dollars annually. This is a great and a needless loss. Must we bear it and impose it on posterity—*Please No*.

Consider the gain such a coinage would be as the years roll on, immediate or with compound interest.

We would suggest a coin similar to this cut. Perforated coins are in circulation in Europe as well as in the Orient. They could be made light, say of silver and alluminum, and convenient, being distinguishable in the pocket or in the dark by the perforation.

Some claim that a half-cent coin will be acceptable and convenient in connection with the $2\frac{1}{2}$ -cent. Our government in 1804, and occasionally for the succeeding fifty years, issued a half-cent copper coin about the size of a twenty-five cent silver piece. They have disappeared from circulation long ago.

If a half-cent coin is needed it could

be made similar to the two-and-a-half cent, but of baser metals, and of the square instead of a round perforation, easily distinguishable by touch as well as sight.

Eliminate the Small Purchase Habit

WHEN you consider the actual fact that the average income of our working man is about \$12.00 per week, you must from experience, of course, see that the wages of a large percentage must be less to form that average.

Admit that every housewife's income is \$12.00 per week, permitting an allowance of \$1.71½ per day for the seven days per week, and her task seems impossible.

Clothing, housing, feeding, caring for an average family, and at the same time endeavoring to save a little for that rainy day that is sure to come, does she not need the privileges of saving that half cent, which at present she is compelled to lose?

Please remember that the large foreign element, living principally in our large cities, have inherited the small purchase habit, which was born of small earnings and many needs.

This habit, usually from necessity, is still with them, and the burden of this lack of the small coin falls most heavily on their shoulders. Please lift a hand or a finger to assist in the removal of this burden.

We have a Government by the people, and for the people, and we ask all housewives, organized and unorganized, to appeal from their Congressional District to their own member of Congress for the passage of a bill to furnish us with this much needed coinage.

A Question Box for Housewives Will be Opened in the March Number---
If You Have a Home Problem to Solve Write to This Department



**FINE
GRANULATED SUGAR
FOR GENERAL USE**



**DAINTY LUMPS
FOR TEA-COFFEE-COCOA**



**POWDERED, OR
PULVERIZED SUGAR
FOR CAKES & PASTRY**



**CONFECTIONERS
SUGAR
FOR ICING CAKES**

"There's a Franklin Carton Sugar For Every Purpose"

FRANKLIN CARTON SUGAR

is refined from Sugar Cane by the most modern processes.

The sealed cartons protect it from dust, insects, dampness and other contamination to which bulk sugar may be exposed. It is *clean* sugar, *kept* clean all the way to the consumer's table.

FRANKLIN CARTON SUGAR is sold in 1 lb., 2 lb. and 5 lb. cartons.

FULL WEIGHT GUARANTEED

THE FRANKLIN SUGAR REFINING CO.

Philadelphia

"THE CLEAN SUGAR FOR CAREFUL HOUSEWIVES"

HOTEL ASTOR Guests' COFFEE

MEETS with your instant approval
and continues in your good graces.

Sold in sealed tins only. 35c the pound.

At most good grocers. If yours cannot
supply you, send 2 cent stamp for "get
acquainted" tin.

B. FISCHER & CO.

190 Franklin St.
New York City





Note These Facts About JELL-O

Jell-O in the package is kept absolutely free from moisture by the air-tight waxed paper bag containing it.

Wonderful little automatic machines make the bags, put the Jell-O into them, seal them, put them into the Jell-O cartons and seal the cartons, the whole operation being done in two seconds.

Absolute purity and cleanliness are the watchwords in the factory where "America's Most Famous dessert" is made.

Seven pure fruit flavors: Strawberry, Raspberry, Lemon, Orange, Cherry, Peach, Chocolate.

10c. each at any grocer's.

There is a little recipe book in every package.

THE GENESEE PURE
FOOD CO.,
Le Roy, N. Y., and
Bridgeburg, Ont.



**Shipped From Plants Devoted
Exclusively to Grade-A-Milk**



Sheffield "Sealect"—The only moderate-priced Grade-A-Milk.

Selected for richness and safeguarded by a non-replaceable seal.

Sheffield Farms-Slawson-Decker Co.
524 West 57th Street, New York City

WHAT SHALL WE EAT?

(Continued from page 36)

Taking all of these points into consideration, my opinion is that each daily meal should contain a much higher per cent. of fruits and vegetables and a much lower per cent. of meats, eggs and the other tissue-building foods.

Water [as a Food Principle

SINCE water has for its mission the dissolving of food, the equalization of temperature, and, in part, the elimination of wastes from the body, it is absolutely necessary that a large amount of water be taken into the system daily, even though much is obtained from the foods that make up the daily meals.

Drink at least six or eight glasses of water every day.

Drinking water suffers most from soil pollution. While it is true that the soil has the power of acting as a natural filter, it is also true that there is a limit to its power of filtration, and if it becomes too heavily charged with impurities, these impurities pass into the water veins that feed the wells and springs which are to be used for the family.

There are a number of precautions in connection with this thought: First, prevent soil pollution as far as possible; second, in locating wells, see that the land slopes from the well to the surrounding outbuildings; third, see that the well is well lined and well curbed and well covered, to prevent the entrance of surface water; fourth, remember that the shallow well does not offer the same degree of natural filtration that the deep well offers; fifth, remember that the well which is located in the immediate vicinity of barns and outbuildings is less safe than the well that is located at a greater distance; last of all, remember that the person who is really in danger when impure water is used is the person whose system is not in perfect condition.

We must have water in abundance, and we want the purest water obtainable, but we need most of all the perfectly working physical organism that results from an intelligent understanding and practice of personal hygiene.

DR. WALLIN'S LECTURE

(Continued from page 50)

Its physiological function becomes that of protecting the skin from the sun and from dirt.

There now arises a conflict between the demands of the sense of decency and the need to keep cool. In the case of the lower clothing, the man has learned to make himself more comfortable; while the women, when it comes to the chest, dress more comfortably than the men.

It is very important in hot weather that the clothing be loose and does not interfere with the cutaneous ventilation and that the skin be kept scrupulously clean and free from any odor. We find that the best ventilating material is also the most absorbent.

Sunstroke is caused by the action of the sun's rays upon the brain and spinal cord. So it is necessary to protect these parts from the sun.

Nature has supplied the head with a covering of hair. The lower part of the spine is protected by clothing, but the back of the neck, the weakest part, is not protected in any way. It is thought that by this exposure we receive our sunstrokes.

It is obvious that food and clothing go together. As a rule, in summer we use less of each, for man's appetite is diminished and his desire for less clothing is increased; while in winter we use more of each and our appetite is larger and our desire for more clothing increases.

One rule holds good at all seasons of the year; the more we exercise, the less clothing we need.

Night clothing should be loose and entirely different from what we wear in the daytime. It does not need to be woolen for a temperate climate. It can be an ordinary gown of muslin or pajamas of silk. I mention this, because on my travels I see so many patients in bed with half of their day clothing on and their night clothing as well.

This is especially the case if their ailment is a cold, bronchitis or pneumonia—just the diseases where it is well to give the skin a good chance to work.

"Mamma, I'm Hungry!"

AN empty stomach in the middle of the morning will interfere with your child's work at school.

Give the children H-O for breakfast during the winter and all year 'round. They like its delicious flavor—you like its rich nourishment, and it needs only twenty minutes' cooking. No need to "get up early" when you serve H-O.

H-O

THE ONLY STEAM-COOKED

Oatmeal

The H-O Company, Buffalo, N.Y.
Makers of H-O, Force, and Presto.



Old Furniture Made New

Don't be troubled because use takes the new look from your furniture—just bring the "new look" back with 3-in-One oil! Simply wring out a cloth in cold water; add a few drops of

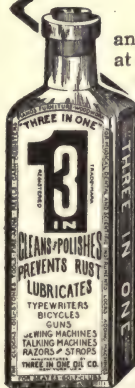
3-in-One oil

and wipe, going over but a little surface at a time. Dry and polish with a woolen cloth or a cheese cloth, being careful to rub with the grain of the wood. Results are startling! Things that bore the outward signs of age—smoke stains, finger marks, grime and scratches—look almost like newly purchased goods and grace your home as though they were. 3-in-One never turns rancid or gets gummy. Contains no acid; has no disagreeable odor.

1 oz.
10c; 3 oz.
25c; 8 oz. (1/2 pt.) 50c Also in Handy Oil Cans, 3 1/4 oz. 25c. If your dealer hasn't these cans, we will send one by parcel post, full of good 3-in-One for 30c.

FREE—Write for a generous free sample and the 3-in-One Dictionary.

Three-In-One Oil Co. 42 KUG. Bdw. N. Y.



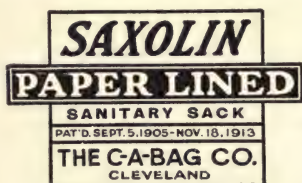
Do your
share



To Insure Cleanliness

insist that every Sack
of FLOUR you buy
bears this mark of

Assurance of Cleanliness

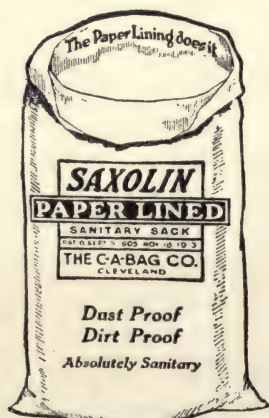


**The Sack that keeps the
Flour *IN* and the Dirt *OUT***

Every brand of Flour
packed in this Paper
Lined Cotton Sanitary
Sack is good
Flour, made pure
and clean, in a clean
mill and packed in a
Sack that keeps the
Flour clean.

**Your Grocer
can get it**

**The Cleveland
Akron Bag Co.
CLEVELAND OHIO**



HOME DECORATION

(Continued from page 86)

Finally, if you still prefer the French idea, there is every opportunity awaiting you in the light, beautiful furniture of French walnut and cane or the many charming reproductions of Louis Quinze and Louis Seize design to be had in soft-toned enamelled woods.

Enamelled furniture of either French or English design such as the eighteenth century inspired is one of the most delightful of all kinds for the semi-formal room, while the black lacquered pieces so popular to-day are also especially attractive for the fine, but unpretentious drawing-room.

A "telling touch" of black—you know what this will do for a gown; it will do as much for the furnishing of a room.

As to the final decorations of the parlor, surely it should go without saying, that a few well-chosen objects of art will suffice to lift it out of the ordinary, whereas the display of miscellaneous pictures, porcelains and what-not in this long-suffering room only tends to make it look like a gift-shop.

Need we add that the piano, grand or upright, should never be used as a bric-a-brac shelf? But you know that it often is; yes, even in homes where they ought to know better.

Nothing "does more for" a parlor than one very simple ornament which every home could afford, yet comparatively few small parlors boast of, and that is the presence of a growing plant.

FORM A SEWING CLUB

(Continued from page 54)

stead of fitting them together as in back stitch. Hem top of each side by first folding over $\frac{1}{4}$ inch, then $1\frac{1}{2}$ inches. Turn in ends of hems to depth of stitching on the sides. Baste hems and sew down with running stitch. Crease hem half across its width and put in second line of running stitches. Overhand ends of hem from upper stitching up to fold. Turn bag right side out. A little below center of one side mark a three-inch script initial with a sharp pencil. Outline the letter with chain stitch. Insert tapes with bodkin and tie ends as in Fig. 1.



POMPEIAN OLIVE OIL

ALWAYS FRESH
THE STANDARD IMPORTED OLIVE OIL

CUT THE COST OF FURNITURE IN TWO

Shipped in sections, knock-down—saves factory space—packing costs and freight charges. Direct from factory to you saves dealer's expenses and profits. Ten minutes assembly any piece. Over 100 designs—everything for the home, office or club.

Home Exhibitors Wanted

Exchange spare time for furniture or cash commissions. A new business for men or women. FREE CATALOG with full particulars.

BROOKS MFG. CO.
2452 Rust Avenue Saginaw, Mich.
Largest Plant of Its Kind in the World



Desk and Bookcase
Value \$60. Price \$29.75

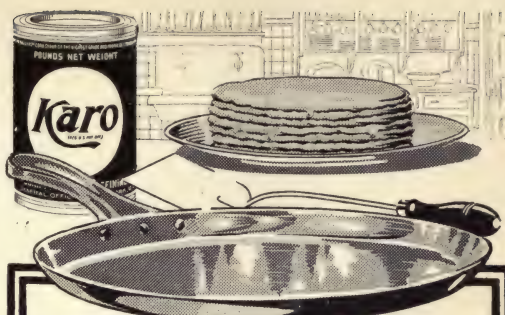
These trade-mark crisscross lines on every package
CRESCO FLOUR DIET FOR
DYSPEPTICS

And Mild Cases of
KIDNEY and LIVER TROUBLES and OBESITY

Makes delicious foods for everybody.

Unlike other goods. Ask your physician.
Leading grocers. For book or sample, write

FARWELL & RHINES, Watertown, N. Y., U.S.A.



Karo The Syrup That Puts the Crown- ing Touch to Griddle Cakes

JUST set a dish of cakes before your family and hear them call for Karo. Watch them smother the hot cakes under the golden syrup. Karo is the one big reason for plate after plate of cakes every morning in thousands of homes all over the land. Thousands of cans of Karo are eaten every week with griddle cakes alone. Housewives do well to reckon with this hearty demand for Karo with cakes and order it by the dozen.

85c and Labels from 50c worth of Karo Buys
You This \$2.25 Solid Aluminum Griddle

Act quickly and save yourself \$1.40. Send 85 cents in stamps or money order and labels from 50 cents worth of Karo. We will send you the wonderful 10½ inch Solid Aluminum Greaseless Griddle with all delivery charges prepaid.

Our reason for offering you this remarkable saving is because the griddle bakes cakes finer than you have ever baked them before, and we want you to know how delicious Karo is on the finest cakes in the world. The griddle needs no greasing and does not smoke. Cakes baked on it do not stick nor burn—every cake bakes evenly all over, because the griddle heats uniformly over entire baking surface. This is the lightest and brightest griddle you ever handled—and it is easily kept dollar-bright on both sides. Act quickly before our supply of griddles is exhausted—get the Karo and send the labels today.

CORN PRODUCTS REFINING COMPANY

Dept. YY, New York P. O. Box 161



PEQUOT
SHEETS
&
PILLOW CASES

They stand the test

By the yard or made up

Ask your dealer

Made by Naumkeag S. C. Co.
Salem, Mass.

Atwood Grapefruit

As to Flavor, in a Class by Itself.

Price about the same as the common variety.

Your dealer will supply it.

Always in
this wrapper



You'll Enjoy Its Flavor

more and more as you begin
to know the many uses for

MAPLEINE

It flavors desserts, dainties,
candies, frostings and sugar
syrup.

1 oz., 20c.
2 oz., 35c.

Grocers sell it or write
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CRESCENT MFG. CO.
Seattle, Wash.



5c.

Is all you have to pay for

TRIP-O-LEE CLEANSER

Cleans anything
and everything

No Acid—No Grit

Ask for TRIP-O-LEE
Insist upon getting
TRIP-O-LEE

At Grocers, Department Stores
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Woolworth's 5 and 10c Stores

Retailers' 30c Quality

Coffee

DIRECT FROM WHOLESALE
FRESH OFF THE ROASTER

5 LBS. FOR \$1

Bean or Ground

Delivered Free Within 300 Miles

10 lbs. Delivered Free 1,000 Miles

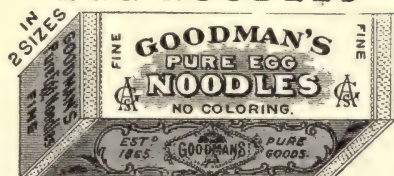
Satisfaction guaranteed or money refunded

GILLIES COFFEE CO.

233-239 Washington St., New York

ESTABLISHED 75 YEARS

EAT GOODMAN'S EGG NOODLES



SOLE MAKERS OF THE
BERLINER TEA MATZOTHS
SOLD EVERYWHERE

A. Goodman & Sons, Inc., New York

WEIGHTS AND MEASURES

(Continued from page 42)

weight and to insist that they be sold
to them in this way.

This method of dealing, it is believed,
will be the prevailing method in the fu-
ture, since the dry-measure method has
always been unsatisfactory not only to
the consumer but to the careful mer-
chant as well.

In checking dry commodities by weight
it will be necessary to have a list of the
weights per bushel included in the laws
of the State.

One need, therefore, only check the
weight of the commodity with the weight
required by law.

Since it may not be possible in all cases
to obtain dry commodities by weight, a
set of dry measures is suggested in the
household testing outfit. If it is prac-
ticable, however, these measures should
be omitted.

If dry commodities are obtainable only
by dry measure, the buyer should under-
stand what he is entitled to when buying
in this manner. The majority of the
States allowing sales by measure require
by law that large or bulky commodities,
when sold by measure, be sold by
"heaped measure."

This term is variously defined as
"heaped in the form of a cone, the out-
side of the measure to be the base of the
cone, and such cone to be as high as the
article will admit," or "heaped as high
as may be without special effort or de-
sign."

The heaped bushel is usually consid-
ered under either of these definitions to
be $1\frac{1}{4}$ "struck" bushel, i. e., in a heaped
measure four-fifths of the whole amount
of commodity will be contained up to the
rim of the measure and one-fifth will be
stacked in a conical form above the rim
of the measure. Even a larger "heap"
than this has been required.

Therefore, in checking the delivery of
bulky commodities by means of a dry
measure, the measure should be well
heaped up, since, if it is not, one is not re-
ceiving the full amount of commodity to
which he is entitled. The term "bulky
commodities" is in no case entirely item-
ized in the law, but includes potatoes,
onions, beets, carrots, parsnips, green
peas unshelled, rutabagas, tomatoes, tur-
nips, and some others.

Playgrounds to Protect Public Health



ART GALLERY IN PUBLIC SCHOOL IN READING, PENNSYLVANIA



AN OUTDOOR GYMNASIUM AND PLAYGROUND COMBINED—Courtesy "The American City"



TRUE DEFENDERS OF OUR COUNTRY — The future of the Nation rests in moral, mental and physical welfare of the young men and women of the Nation —
Read the Proclamation on pages 12, and 13

HOUSEWIVES
LEAGUE MAGAZINE

SUPERVISING EDITOR
MRS JULIAN HEATH

MANAGING EDITOR
MRS CLARA BICKFORD-MILLER

VOLUME VII

March, 1916

NUMBER III



THE YOUNG PATRIOT—There are more than 10,000,000 of these boys in the United States—We must protect them if we expect them to grow into manhood and defend us. See Proclamation on page 13.

Proclamation

An Appeal to the Patriotic

WHEREAS: *A large percentage of the men who apply for admission to the National Guard are rejected because of physical disability. And,*

WHEREAS: *Statistics show a great loss of human life during infancy and childhood by the facts that in the United States 300,000 babies under twelve months of age died during the past year, and 1,500,000 children under ten years of age during the past four years. And,*

WHEREAS: *This great loss of life and efficiency is largely due to malnutrition. And,*

WHEREAS: *Preparedness for the defense of the nation rests upon the physical preparedness of the individual. And,*

WHEREAS: *The health and well-being of the individuals of society are under the direct care and charge of the housewife for physical and mental development. And,*

WHEREAS: *The housewives of the nation must have full knowledge of foods and their value in order to develop and conserve the mental and physical well-being of the individuals. Therefore,*

BE IT RESOLVED: *That we, the housewives of America, hereby rally to the defense of the nation by constituting ourselves a great standing army for the study of nutrition looking toward the physical upbuilding of the nation, and therefore of its defense. And,*

BE IT FURTHER RESOLVED: *That the Executive Committee of the National Housewives League calls upon each local Housewives League and affiliated organization together with all women's clubs, associations, and societies to form special committees on Vital Conservation; these local committees to be sub-committees of the great National Committee on Vital Conservation for the protection of home and country.*

WHEREAS: *The great standing army of housewives in America are entering upon a campaign for preparedness looking toward the upbuilding of the nation through the study of nutrition.*

THEREFORE BE IT RESOLVED: *That a careful survey of the food supply, natural and commercial, be made of each State in the Union.*

to the Nation

Housewives of America

This extraordinary call is now being made in these pages of the official magazine to prepare for this great movement for vital conservation in this country. We need strong men and strong women to defend and build up the nation.

Preparedness, therefore, is the slogan for the American housewife for 1916.

As we go to press a special committee has been formed by the National Executive Committee of the Housewives League to study nutrition looking toward the physical upbuilding of the nation and therefore to its defense.

This is to be the Housewives League's contribution to the great movement for national preparedness and defense.

The following committee has been named:

Mrs. Joseph M. Strout, Portland, Maine.
Mrs. Elmer Havens, Bridgeport, Conn.
Mrs. Howard K. Hilton, Providence, R. I.
Mrs. Arthur Hurrell, Buffalo, N. Y.
Mrs. A. W. Smith, Ithaca, N. Y.
Mrs. William C. Feathers, Troy, N. Y.
Mrs. Harry M. Crowder, Yonkers, N. Y.
Mrs. E. N. Todd, Millburn, N. J.
Mrs. Ralph Foss, Wyoming, N. J.
Mrs. H. G. Wood, Tenaflly, N. J.
Mrs. H. Reeve, Moorestown, N. J.
Mrs. William D. Grier, Elizabeth, N. J.
Mrs. Howard Cheyney, Williamsport, Pa.
Mrs. Edith Ellicott Smith, Pennsdale, Pa.
Mrs. Le Gage Pratt, Washington, D. C.

Mrs. J. F. Lennon, Bloomington, Ill.
Mrs. John C. Bley, Chicago, Ill.
Mrs. B. C. Whitehead, Norfolk, Va.
Mrs. B. F. Cook, Houston, Texas.
Mrs. Henry B. Myers, New Orleans, La.
Mrs. D. Lucy MacCourt, St. Paul, Minn.
Mrs. Edgar S. Shumway, Brooklyn, N. Y.

Mrs. John J. Carr, Yonkers, N. Y.
Mrs. Walter Gahagan, Brooklyn, N. Y.
Mrs. E. H. Wehle, Louisville, Ky.
Mrs. G. B. Allan, Wheeling, W. Va.
with Mrs. A. B. Church, New York City, as Chairman. This is the nucleus of a National Committee—other names will be added.

Local leagues, affiliated organizations, women's clubs and societies are requested to form sub-committees for this the most important work which could be undertaken by the American women of to-day. We appeal particularly to the members of the Daughters of the American Revolution and all patriotic societies to join in this great work.

We ask also that new committees be organized where such work cannot be undertaken in each town and city. We ask these committees and organizations to report to Mrs. A. B. Church, Chairman of the Vital Conservation Committee, 25 West Forty-fifth Street, New York City, headquarters of the National Housewives League, for further instructions, enclosing a stamped envelope for reply.

Clean-Up Work in Our Home Cities



GIRLS HELP CLEAN UP THE YARDS IN THEIR HOMES



LITTLE WORKERS IN A FLAG DECORATED GARDEN—Courtesy "The American City"



THE STREET IS THEIR ONLY PLAYGROUND



America—Defend the Babies Future of the Nation

Portrait Gallery of One Hundred Typical American Babies

(Photographs from *Mother's Magazine*)



HAIL TO THE BABIES! Throughout the nation, by decree of the Government, a series of Baby Week Celebrations is to be held during 1916.

The first occurs on March 4th to 11th. This is to be followed by Baby Week Celebration throughout the year in the various cities.

The announcement in the February issue of *THE HOUSEWIVES LEAGUE MAGAZINE* has created wide interest and the chapters in practically every state in the union are coöperating to make this a gala week.

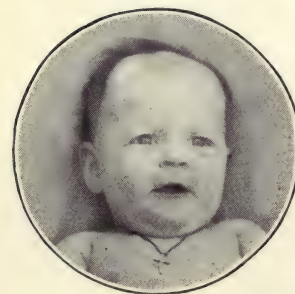
In commemoration of this event we take pleasure in presenting in these pages our National Baby Show, a great photographic parliament of One Hundred Delegates of American Babydom—the future leaders of the Nation from all the states.

These little delegates from our American homes have been gathered by the *Mother's Magazine* and are sent to this Congress of Babies as the guests of *THE HOUSEWIVES LEAGUE MAGAZINE*.

Study the faces of these babies—note the strong character of these representatives of



Congress of Babies from All the States



the coming generation, in whose hands we are to leave the destiny of the American Republic—then join with your State chapters in making Baby Week a notable event in your community.

If such a celebration is not already planned in your town, then begin to organize it at once and hold your Baby Week in April or May.

The general program prepared by the Government, under the direction of Julia C. Lathrop, chief of the Children's Bureau of the U. S. Department of Labor, with the assistance of Dr. Grace L. Meigs, head of the Department of Hygiene, and Mary Swain Routzahn, is given in these pages.

The observance of a Baby Week is an expedient for securing attention to facts about the needs of babies which are well known by scientific authorities and which, if popularized, will greatly reduce

Little Builders of the Next Generation



the loss of infant life throughout this country.

The Baby Week campaigns, which are being held in many cities, are primarily educational; their purpose is twofold—first, to give to the parents of a community the opportunity of learning the facts with regard to the care of their babies; second, to make known to a community the importance of its babies, the special facts relating to the babies of the community, and the need of permanent work for their welfare.

These purposes it carries out in various ways—by newspaper and advertising publicity, by meetings and entertainments, and by such activities as the program of daily events and infant-welfare exhibit, a baby-health conference, plays and so forth.

In addition, there has been included in some cities the third purpose of gathering funds for



Hope of the Republic in These Faces



carrying on infant-welfare work.

A Baby Week, having the purpose of making known to parents and to the whole community facts which they should know about babies, may be held successfully in communities of all sizes.

The form that such a Baby Week may take will, however, vary greatly in different places. A rural community will probably not wish to carry out the elaborate program which would seem necessary in a big city to reach all the people. On the other hand, many large cities may not be ready at a certain time to carry on an elaborate program which will demand considerable expense and the constant labor of many people, but may be anxious, nevertheless, to bring the subject of babies to the attention of the public to an extent which will achieve substantial results.

A comprehensive Baby Week



Statesmen : Conserve These Little Lives



campaign, which will be appropriate only for a community of over 5,000 inhabitants, and in such communities only when a preliminary conference has demonstrated the willingness of many different organizations and individuals to give considerable time and money to the campaign.

A Baby Week campaign which will involve little expense and almost no labor can be easily carried out in any community, whatever the size. A simple campaign such as this may include, besides the activities suggested, any of the features described for the more complete campaign.

In planning a Baby Week of either type two principal points should be remembered :

Baby Week should be a community campaign in which one organization—such as a woman's club, the health department, the local infant-welfare or visiting-



American Babies Appeal for Defense



nurse society, or any other organization—may take the initiative, but in which all other organizations should be asked to coöperate.

One of the greatest benefits to be derived from Baby Week is the fact that it brings together many organizations in a community for a common aim. Added to this is the fact that everyone has a far greater interest in work in which he has had a definite part.

Baby Week should not be a temporary flurry and excitement, the effect of which is allowed soon to subside, but very definite efforts should be made by follow-up work to have it lead to permanent good for the babies of the community.

The first move should be to enlist the coöperation of the representatives of all organizations and interests in the community.

The organization beginning the movement may be a woman's club, the city department of health or



Army of 300,000 Babies Die Every Year



other city officials, the local infant-welfare or visiting-nurse society, the chamber of commerce, or any other organization.

This organization or a committee of its members should make a study of all the other groups in the community who might reasonably be expected to take an interest in the movement and call a meeting to consider the matter.



In cities of various sizes the number and names of the organizations to be called upon will vary greatly; in any community, however, the attempt should be made to enlist the help of all agencies naturally interested in child welfare and also of all organizations representative of the varied interests of the community.



This would ordinarily include the mayor and city officials; the city health department, especially its division of child hygiene or child welfare, if this exists; all women's clubs; school board and the princi-



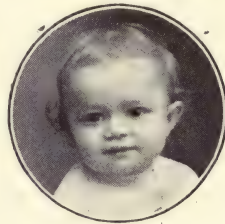
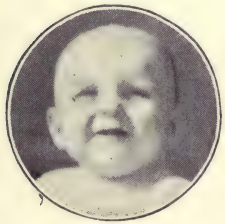
Celebrate Baby Week in Your Community



pals and teachers of the school; the local medical society; the local infant-welfare society; the local visiting-nurse society; the churches; all charitable organizations and settlements; the Camp Fire Girls; the Boy Scouts; the playground authorities; the newspapers; chamber of commerce; other business men's organizations; labor unions; fraternal orders, etc.

some one place where exhibits, motion pictures, plays, and meetings serving to draw large numbers of people are held.

In this case practically all the publicity will be directed toward bringing the people to the central place, and in fact all the methods will largely follow those used in conducting a social-welfare exhibition.



The scope of the program to be decided upon in each community will depend upon the available resources. From the following suggested features, or others which may be proposed, those which appear practicable for the particular community may be selected.

The second method may be that of spreading the educational work of the campaign throughout the city by means of printed matter, news articles, meetings in schools, churches and parks and of daily events, none of it being related to any central place.

All the interest may be centered in

In this case the headquarters will



This is the Greatest Wealth of the Nation



simply be the office from which the work is directed and the news stories and other information given out.

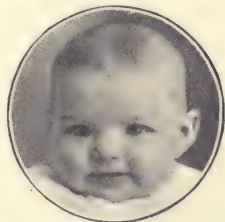
A third plan would be to combine the features of both the first and the second; that is, to have a central feature not necessarily extensive, together with daily events and with publicity work spread throughout the city.

On the whole the third plan seems best, since it combines the advantages of

fords the best opportunity for interesting newspaper publicity and for enlisting large numbers of volunteer workers is a series of special events for each day in the week. Some of those mentioned in the following list may be suggestive.

Hold a Baby Sunday

Baby Sunday may well begin the Baby Week. The committee in charge of this part of the campaign should secure a



bringing people together with those of carrying much of the educational matter directly to the homes and the neighborhood of the people whom it would be hard to bring to the central place.

Program of Days for Baby Week

The feature of Baby Week that af-

list of the leaders of the religious bodies of the community. The members of this committee should call upon or write to each, explaining the purpose of Baby Week and asking each to preach on that subject.

A letter from the mayor of the city endorsing the Baby-Week movement may





Rally Around the Flag — "Save the Babies."

be read from the pulpit. If the governor or State health department has issued a proclamation or a letter indorsing the setting aside of a certain week for Baby Week, this may also be read from the pulpit on this day.

Sunday schools may arrange special programs for their meetings on that day.

Give Mass Meeting or Rally

A mass meeting may well form a very useful feature of Baby Week. It may be held at the beginning or end of the campaign. The committee in charge of this meeting undoubtedly will be able to secure free some public hall, theater or school. In planning a place it is well to choose one barely large enough to accommodate the size of audience which may reasonably be expected to attend.

A meeting which fills a small hall, even to overcrowding, is more inspiring than one in a large hall which is half empty.

An interesting speaker from another city may be secured for this meeting; many State departments of health are able, on application, to send out speakers for meetings if the expenses of such a speaker are paid.

Short talks by representative people of the community should be included. The talks at this meeting should be on subjects of general interest.

Such subjects as "The purpose of Baby Week"; "What a city owes its babies"; "After Baby Week, what?"; "This community's baby death rate"; "What other cities have done for their babies," might be included.

Lantern slides and motion pictures might form part of the program. Some entertainment feature, such as band or orchestra music, a children's chorus or a short play, may be used.

Rally Around Flag Day

On this day, which may come either on the Saturday before Baby Week opens or on Monday, banners with the Baby Week emblem are distributed to the homes of all the babies under one year

of age that have been registered with the health department.

These banners may be made up very cheaply of muslin with the emblem printed in appropriate colors. A good size for the banner is 18 inches long by 12 inches wide, with a stick long enough to be tacked to a window frame. In planning for the delivery of the flags it is a good thing to have the boys carry small hammers and tacks, so that they may put the pennants in place when the householders are willing. Printers and novelty makers can make these banners.

The advantages of flag day are that, with the banners flying from the windows, the sections where there are the most babies are made particularly aware of the fact that it is Baby Week, and also that the flags are a direct recognition of the fact that these babies have been registered.

With each pennant should be delivered a program of Baby Week and a leaflet on the care of the baby.

How to Observe School Day

On one day during the week special exercises may be held in the schools throughout the city. These may come as a regular part of the school work or be held in the afternoon as a special entertainment to which parents are invited. Some of the following features may be included in the program for this day:

The reading of a letter to the school children from the mayor or other official telling them how they can help to save the babies.

A talk by the principal or teacher on what the children can do for their baby brothers and sisters.

The reading of one or several compositions on "How to keep baby well," which have been selected from among the compositions written by the children in a certain room or school.

In schools where Little Mothers' Leagues are organized the program may consist of compositions and demonstra-



Government Co-operates in the Baby Campaign

tions by members of these leagues and of talks by their teachers.

If no Little Mothers' Leagues are at present organized, the school day may afford an opportunity for their organization in many schools.

Plan for Fathers' Day

One day in the week may be devoted especially to the fathers of the babies. On this day the "Message to Fathers," should be widely distributed in whatever ways are practicable.

The responsibility of the city's fathers and of all individual fathers for the welfare of the city's babies should be pointed out and emphasized by reference to the facts regarding the particular community.

What to Do on Visiting Day

On this day a tour of inspection of all of the places where any work is done for babies may take place. Such a day is very important in communities where infant-welfare work has been begun either by the health department or by private organizations and where it is desirable that the public shall know of the work being done and the need for further work.

This will include infant-welfare stations, day nurseries, baby hospitals, and any other place where something is done for babies.

City officials and representatives of men's organizations and of societies for civic and mutual benefit should be invited to take part in this tour.

Remember Birth Registration Day

In communities where there is a special need for better birth registration it may be well worth while to concentrate the attention for one day on the importance of registering babies' births. On this day all the physicians might be sent a letter asking their aid in securing prompt and complete birth registration.

Plan for Your Entertainment

Some entertainment feature, such as a short play, in which children can take part, will add greatly to the interest of Baby Week.

Short plays written by the people in the community and acted by school children, have proved very successful. The play should have as its theme the health and happiness of babies.

The play should probably not last more than half an hour and should be used as a feature of some other program either at the campaign center, at the exhibit, at neighborhood centers, or at the schools on school day.

An infant-welfare exhibit may be held to give mothers information regarding the proper care of babies or to show the importance and need of infant-welfare work in the particular community.

An exhibit on teaching infant and prenatal care may include: Panels on prenatal and infant care and the care of the eyes.

An exhibit of articles to be used in the proper care of the baby. An exhibit of articles which are harmful to the baby.

Demonstrations by nurses or teachers of domestic science on the preparation of milk for the baby and of food for the young child; and on dressing and bathing the baby, etc.

Lectures, possibly illustrated by lantern slides, on the care of the baby. Panels dealing with the facts relating to the infant mortality rate of the community, the need for infant-welfare or milk stations, of visiting nurses to do infant-welfare and prenatal work, of better birth registration, of a better milk supply, of better sanitary conditions, etc.

The coöperation and interest of the local medical society, city or country, should be sought.

The president of this society may be consulted in the selection of the medical staff of the conference, consisting of the physicians to carry on the examinations and substitutes to take their places in case of need.

The help of nurses in carrying on the conference is very desirable. Nurses will be needed to assist the physicians and to weigh and measure the babies; a nurse should be in constant attendance in the dressing room.

Mrs. Consumer—Let Us Present

MESSAGE TO HOUSEWIVES By MRS. JULIAN HEATH



PROMINENT statesman, in talking to me the other day, said, "You do not know how far-reaching the effect of your great work has become."

He had been on a country-wide tour and had met the Housewives League wherever he turned. This statesman had also been accomplishing great things for the country, and the Housewives League had been a potent force to help him in that work.

We, who stand at the center of this great movement, the members of our National Executive Committee and the leaders, sometimes think that we do realize the influence which has been exerted by this movement, but the next mail may bring us letters from some remote corner of the world that even we never dreamed the name "Housewives League" had penetrated, and it is then that we begin to feel that even we do not know the far-reaching effect of this work.

The message of the Housewives League has been a wireless message; it has aroused the housewives of the world to action which has brought marvelous results; but, better still, it has shown women their real economic function as the spenders of the wealth of the world.

It was Mrs. Spalding, our able leader in Schenectady, I believe, who said, "The Housewives League has made me find myself." That is just it, the Housewives League has made the housewives class conscious; it has made housewifery a profession and put housekeeping on a business basis. More than this, the Housewives League—the organization of the consumer "has," as a learned professor of one of our great colleges said, "made a great contribution to economics."

We women did not fully realize what

we were doing when we conceived and organized this great movement; but in reality it was the "next step" in economics. A great economist once said that "When a reformer was working along the line of economics, he or she had but to stand still and see the work go on." We have not stood still, we have worked, but the Housewives League has developed and grown day by day, yes, even hour by hour.

I have a letter from Mrs. Dunk of Michigan which says: "You have the vision, made the plan and carried on this wonderful pioneer work." This we have done, working ever to our vision and our plan, and you and I, as members of this League, know what it has meant and what it can mean.

Out of all the great work, however, the best work of all has been our own education, has it not? Our viewpoint as housewives has become so broad that, while our home is still within the proverbial four walls, it extends to every nook and cranny of the world that produces anything for our home.

The fields of production, the factories, the stores, the transportation service, yes, every phase of production has been brought into intimate relation with our profession of housekeeping.

This has been and is our great personal educational work. We know what this means to our families and the world, but we want the whole world to know that we have been awakened, that we have come into our own in economics and that we are organized to properly fulfil our function there.

There are but two fields in economics,—production and consumption. All others are but tributary to these two great fields. Hitherto, economists have laid all stress upon production and paid little or no attention to consumption. Production has been organized. Con-

Your Best Friend—Mr. Producer

PURE PRODUCTS AT FAIR PRICES FROM CLEAN SHOPS

sumption was not organized until we housewives were awakened to the fact that the field of consumption was our field and that we owed a great responsibility and duty to society.

In the great educational work which has gone on among the housewives there is none greater than that which has shown the consumer the great need of coöperation with the producer. We now know that the interests of the producer and consumer are so interlocked that what harms one harms the other.

We know that the interests of the producer and consumer are one and that they cannot be divorced from each other. Some one has said that "The consumer is king" (of course, we would like to add queen), but even though this statement may not be true, we know full well that the consumer must protect the producer.

The question has been asked, "What does the consumer owe the producer?" First and foremost, the consumer owes to the producer a full knowledge of production. Without a full knowledge of production there can be no intelligent consumption. The members of the Housewives League see this so clearly that our slogan (intelligent consumption) has made us study, and study carefully, all phases of the wealth of the world from the very point of production directly to the point of consumption within our own homes.

We must not be guided by sentiment, we must not be guided by personal feelings. We must learn facts now that we are in this great field of economics, and we must let those facts be our guide in creating intelligent consumption.

The members of the Housewives League were not content last year when peaches were selling wholesale in New York City at 15c a basket. Why? Because we knew that price was below

the point of profitable production, that the producer was losing money and that a loss of money this year would mean a loss of production next year, and the consumer would suffer.

The consumer must know the seasons of production and the conditions of marketing if she is to be an intelligent consumer. The members of the Housewives League know that in order to get properly prepared commercial foods the demand must be created for those properly prepared foods.

We must have full knowledge of what we buy; we must be able to go to the factory and see where these commercial foods are produced.

This fact is what led us to our declaration of faith in trade-marked goods, or, to be explicit, in goods of known quality. You cannot have intelligent consumption of an article if you do not have the way to obtain full knowledge of the production of that article.

This has led us to demand the maker's name and address of his factory to be plainly marked on whatever he produces,—this to apply to food, fabric or utensil. And right here is a fundamental duty which the producer owes to the consumer. He owes his name, the address of his factory and an open shop to all housewives. Back of this stands his integrity, which makes for goods of known quality. The producer owes coöperation with the consumer, and the consumer owes coöperation with the producer. In fact, isn't this the secret of the whole matter?

To repeat, two fields in economics,—production and consumption. In order to produce intelligently the consumer must know what is being produced. This will bring intelligent consumption, and the whole field of economics then

(Continued on page 92)

How the Nation's Housewives Can Co-operate With the Cannery

By F. M. SHOOK

Secretary of the Ohio Cannery Association

This communication from the Ohio Cannery Association shows the coöperation which exists between the producer and the consumer.

That this coöperation is bearing fruit is evidenced by the inquiries that come to Headquarters daily as to what brands of canned food are reliable. This is the important question.

While we know that the canning industries of the country have made great progress, yet, we also know that all canned foods are not pure foods. We also know that all canned foods are not produced under the best conditions.

This is why the National Housewives League is asking for the name of each manufacturer to be plainly stated upon each container, together with the location of his factory.

We believe in eliminating impure foods by creating an intelligent demand for foods of known quality.

THE great object of canning foods is to preserve and save for future consumption the enormous surplus of perishable foods produced in years of abundance that would otherwise be wasted, and by placing the foods in hermetically sealed containers we are enabled to keep them in perfect condition and carry the surplus into years of dearth.

From the time the foods are sealed up until you open them in your kitchen they have been perfectly protected from contamination incident to transportation to your city, display upon the grocers or market shelves, and delivery.

Consider canned foods from an economical standpoint. Do the containers add too much to the cost, and has the commercial canner advantage in pur-

chasing the raw fruits and vegetables which offset the cost of the container?

The canner buys sugar corn or roasting ears, not by the dozen or gross, but by the acre, taking the product from 1,000, 2,000, 3,000 or 5,000 or more acres, depending upon his plant.

He buys peas, not by the quart, peck or hamper, but by the hundreds of acres, and so with all the product, thus enabling him to purchase the choice of field and orchard at low prices, by which he is able to place on your table wholesome, clean food at minimum cost to you.

Raw vegetables and fruits on sale in the city markets were either grown near the city on high priced land or grown at a distance from the city and shipped in at high rate of freight, making the cost to the consumer high and, in addition, the loss of quality occasioned by the intervening time in transportation from field to table.

What the Canning Industries are Doing

REMEMBER this condition, that the cannery is located adjacent to the fields and orchards thus making possible the greater despatch in handling the raw foods so that at most in only a few hours after gathering the foods are carefully canned while yet fresh and sound.

Canners do not use canning compound; do not use preservatives; do not fight sanitation; do not object to inspection, but on the other hand are right at the forefront working hand in hand with all organizations and every department of Federal and State Government to give the people clean, pure, wholesome, nutritious food at the lowest possible cost consistent with quality, in all of which we ask the coöperation of the Housewives Leagues of America.



Why You Should Eat Honey

Its Value as a Food

By MRS. WALTER MASON LANE

Do you eat honey? It saves money. Do you know that it is one of the healthiest, and one of the most economical foods? If the "honey habit" was cultivated in our homes it would solve

one of our great food problems. It is not only a delicious dessert, but it has invaluable medicinal qualities. This article tells how to eat honey and gives many valuable recipes.



FROM the earliest times honey has been employed as an article of food. In countries where the sugar cane did not grow it was until not so very long ago the only concentrated sweet that people had, and as such ranked with milk in importance.

It was the vision of a land flowing with milk and honey that sustained the Israelites during their forty years wandering in the wilderness, and it was said of the Shulamite in the song of Solomon that "honey and milk" were under her tongue.

Although the unlocking of the re-



W
UR HONEY
MADE FOR YOU

sources of the sugar cane and the beet has relegated honey to a secondary place, it is a much more desirable product today than it was in the time of the ancient Israelites or even one hundred years ago.

Honey deposited in the old-fashioned hive and strained from the combs by the force of gravity alone was a very uncertain product, containing parts of dead bees and other refuse.

To-day the bees deposit their surplus nectar in little square movable frames which are kept quite apart from the brood chambers, and the contents of the combs is extracted by centrifugal force after the wax caps of the cells have been cut off. The extracted honey may contain bits of wax and other impurities, but as they are lighter than honey they can be skimmed off.

This extracted honey is very easy to adulterate, and formerly this was much

NECTAR
SIPPED FROM
THE SWEETEST FLOWERS

done, but owing to the vigilance of State and Federal food officials the practice has fortunately become dangerous and unprofitable.

Comb honey cannot be adulterated except by processes that are too costly to make it worth while. Therefore the purchaser of comb honey may be absolutely sure that he is getting the product of the hive.

What Constitutes Our Honey?

HONEY is composed of an assortment of sugars, grape, fruit and cane, with a little water, a very small percentage of mineral matter, an inappreciable quantity of protein, volatile



BUSY
BEES MAKE
THE PUREST FOOD

oils which give it its flavor and aroma and some undetermined substances such as pollen gum and bee glue.

Grape sugar and fruit sugar constitute the greater part of the whole, there being only two per cent. of cane sugar and eighteen per cent. of water.

The first two sugars are called invert or single sugars, because they can be formed by the splitting up of cane sugar, $C_{12}H_{22}O_{11}$ when the latter takes up water, H_2O .

As a similar reaction has to take place in the body before cane sugar can be as-

MILLIONS
OF BEES ARE
WORKING FOR YOU

simulated, honey would be, if anything, more digestible than cane sugar, but there is probably little practical difference, as a healthy body is quite equal to the task of digesting any sugar. The proportion of grape sugar and fruit sugar varies in different honeys and while this makes no difference from a dietetic standpoint it alters the con-

What Is Honey and Why Is It Healthful?



sistency of the honey to a great extent.

If the proportion of grape sugar is large the honey will granulate easily and even harden into a solid mass. This is the case with alfalfa honey.

The mineral matter, consisting of magnesium, phosphoric acid and lime is too small to amount to very much, even if considerable quantities of honey are eaten, but since there is likely to be too little lime in modern dietaries and children need this element for the building of their bones it is worth while remembering that honey contains it.

Honey is mildly laxative, but the small amounts ordinarily used would make no appreciable difference in this respect.

Owing to its water content honey has an energy value somewhat less than an equal weight of sugar. It also costs, ordinarily, very much more, owing partly, no doubt, to the fact that it is not regarded as a staple article of food and is bought usually in very small quantities for the sake of a little variety.

What is the Cost of Honey?

A POUND jar of honey sells for twenty-five cents while a pound of sugar may be bought for about six cents. This is the largest quantity that the average grocer carries, but he will obtain a gallon can for any customer who wants it.

If there were a demand for these larger quantities grocers, of course, would keep them and the price per pound would naturally be much lower than in the case of the small package.

At the present time the best thing for the consumer who wishes to use honey in large quantities to do is to get in touch with the producer and take advantage of the parcel post as a means of transportation. The names of such producers can be obtained from the beekeepers' journals or from the State Inspector of Apiaries, and the names of the inspectors can be obtained from the United States Department of Agriculture.

Comb honey naturally costs much more than extracted honey because the bee has to use two or three pounds of honey to make a pound of wax.

Whether it is worth the extra cost each consumer must decide for himself. It certainly looks more attractive on the table and the flavor may be slightly better as some of the volatile bodies on which this depends escape during the process of extraction unless great care is taken.

The wax is of course indigestible, but it does no harm in the digestive tract.

Choosing Honey a Matter of Taste

HONEYs differ as much as the flowers from which they are extracted and choosing between them is largely a matter of taste.

Buckwheat honey is unpleasant to many, but others prefer it to the more delicately flavored clover or alfalfa honey. Some dealers blend different honeys so as to obtain a grade that will remain uniform from year to year.

Busy Bees Produce \$20,000,000 in Food

Inexperienced persons are likely to assume that a light-colored honey must be better than a dark one, but as a matter of fact many of the best varieties are dark.

Crystallization is more likely to occur in pure than in impure honeys and the crystals can easily be discovered by heating in a double boiler. The temperature should not be allowed to rise above 160 degrees Fahrenheit, or color and flavor may be affected.

In spite of the fact that we now have much better honey than the world has ever had before, it is scarcely too much to say that we have almost forgotten the uses of this delicious foodstuff.

It is true that our beekeepers annually produce and sell about twenty million dollars' worth of it, but that is a mere fraction of what the output would be if the merits of the nectar of the flowers were properly understood.

Honey, of course, cannot take the place of sugar. The latter is much more convenient, for one thing. But it is better adapted to some culinary purposes than sugar, and its distinctive flavor is a material aid in securing that variety which all cooks who understand the ways of the human stomach are seeking.

In this country honey is usually used without cooking, and that is a very good way to use it. American children would probably hail with delight the introduction of the Swiss custom of eating honey on bread and butter.

Cream cheese and honey, either liquid or in the comb, makes a delicious and scientific combination. A very satisfactory imitation of the expensive Bar-le-Duc currants may be secured by serving honey with some tart fruit, either cooked or uncooked.

Two ounces of honey and six ounces of strawberries, with three ounces of cottage cheese, two ounces of bread and two-thirds of an ounce of butter (the latter either spread on the bread or



mixed with the cheese) make a very well balanced meal.

As a filling for sandwiches honey and cream cheese make a delightful combination. It may also be used for the same purpose with chopped nuts, or the nuts may be added to the cheese and honey.

Honey can be used instead of syrup or jam, with cereals and pancakes, and if a little hot water is added to it it will be easier to pour. It is more convenient, too, than sugar for sweetening lemonade or other fruit drinks, as it does not have to be dissolved, and with charged water it has less of a tendency to expel the gas. Solid honey makes a novel and delicious filling for cake.

The introduction of honey into cooked foods may require a little thought and patience, for it cannot be substituted for corresponding amounts of molasses or sugar, and recipes coming down to us from a time when honey was a staple sweet are often impractical.



How to Use Honey in Cooking

THE fact that honey consists of sugar and water and is slightly acid suggests that it is a suitable substitute for molasses, and as a matter of fact it may be substituted for the latter in all forms of bread and cake and makes a more delicately flavored product.

It contains, however, less acid than molasses and so requires less soda in recipes which do not include sour milk or other acid. The quantity will differ with different honeys, but generally ranges from one-quarter to one-half a level teaspoonful.

On account of these variations it is best to prepare and bake a sample of dough before mixing the main portion.

An equal quantity of honey may be substituted for the sugar called for by a recipe, but since the honey contains water the amount of liquid must be reduced.

For practical purposes the rule of subtracting one-quarter of a cupful of liquid for every cupful of honey has been found to be satisfactory.

For many kinds of cookery the resistance of honey to crystallization is an advantage. Icing made with honey, or part honey, will keep soft indefinitely.

In the laboratories of the Department of Agriculture it was found after ten months to be just as good in every way as when originally made. The recipe used was as follows:

Recipe for Honey Icing

- 1 cup granulated sugar.
- $\frac{1}{4}$ cup water.
- $\frac{1}{4}$ cup honey.
- 1 egg white.

Boil together the sugar and the water for a few moments and then add the honey, taking precautions to prevent the mixture from boiling over, as it is likely to do.

Cook until drops of the syrup keep their form when poured into cold water, or to about 250 degrees Fahrenheit.

Beat the white of the egg until stiff, and when the syrup has cooled slightly

pour over the egg, beating the mixture continuously until it will hold its shape.

This frosting is suitable for use between layers of cake, but is rather too soft for the top.

Cakes made with honey will keep fresh much longer than when sugar is used. In fact, if butter is omitted they will keep for months and even improve in flavor. Butter, of course, will soon turn rancid.

Bakers have discovered the great advantage of honey over sugar in improving the keeping quality of cakes, and as the honey flavor combines particularly well with spices, it is easy to understand the large amount of ginger bread and spice cake that they give us.

To the housewife, too, it is a great convenience to have a supply of cake that will keep indefinitely. The omission of butter, too, in these days when the price of really good butter is almost prohibitively high is a distinct recommendation for such cookery.

The honey cakes of the baker are often very elaborate but the following recipes will be found no more difficult than the ordinary sugar cookery:

How to Make Hard Honey Cake

- $\frac{3}{4}$ cup honey.
- $\frac{1}{2}$ cup sugar.
- $2\frac{1}{2}$ cups flour.
- 1 egg.
- $\frac{1}{4}$ teaspoon ginger.
- 1 teaspoon cinnamon.
- $\frac{1}{2}$ teaspoon ground cardamon seed.
- $\frac{1}{2}$ teaspoon cloves.
- Speck white pepper.
- Speck salt.
- $\frac{1}{2}$ teaspoon soda.
- 1 tablespoon water.
- 2 ounces blanched almonds cut into small pieces or chopped.

Sift together the flour and spices, dissolve the soda in the water, beat the egg and combine all the ingredients. Beat or knead the mixture thoroughly. Cook a small sample. If it does not rise sufficiently, add a little more soda and honey; if it falls, add a little more flour.

Roll out the dough to the thickness of



Good Recipes from Experts

about three-fourths of an inch and bake in a hot oven.

When the cake is done glaze it with a thick syrup of sugar and water and allow it to dry in a slow oven or in some other warm place. While it is still warm, cut it into long strips. Or it may be left in one large cake, to be cut into very thin slices when served.

This cake will become very hard on cooling and will not be soft enough to eat for several weeks, but will keep in good condition for an indefinite length of time.

Good Recipe for Nut Honey Cake

2 cups brown sugar.
2 cups honey.
6 egg yolks.
3 cups flour.
Speck salt.
 $1\frac{1}{2}$ teaspoons soda.
3 teaspoons ground cinnamon.
 $\frac{1}{2}$ teaspoon ground cloves.
 $\frac{1}{2}$ teaspoon ground nutmeg.
 $\frac{1}{2}$ teaspoon allspice.
1 cup chopped raisins.
 $\frac{1}{2}$ ounce citron cut in small pieces.
 $\frac{1}{2}$ ounce candied orange peel cut in small pieces.
 $\frac{1}{2}$ pound almonds coarsely chopped.
Whites of 3 eggs.

Mix the sugar, honey, and the yolks of the eggs, and beat thoroughly. Sift together the flour, salt, spices, and soda. Combine all ingredients but the whites of the eggs. Beat the whites of the eggs till they are stiff and add them last. Pour the dough to the depth of about half an inch into well-buttered tins, and bake in a slow oven for one-half hour.

Cooking with Honey Simplified

RECIPES for honey cakes found in the older cook books are full of unnecessary details which may safely be ignored. They usually direct that the honey be brought to the boiling point, skimmed and cooled. This is evidently a relic of the time when honey contained impurities that had to be eliminated in this way, and the Department of Agriculture has found that just as good re-

sults can be obtained by stirring the flour into the cold honey.

Another rule is that the spices should be boiled with the honey for the purpose of bringing out the flavor, but no reason has been found for supposing that this preliminary heating accomplished any more than the final baking.

A third rule is that the dough be kept a certain length of time, before adding the soda, but just as good results have been obtained when the soda was added immediately.

Honey is not often used in bread-making, but there is no reason why it may not be added to ordinary yeast bread as food for the yeast plant or be substituted for molasses or sugar in sweet breads.

Bran Brown Bread

$\frac{1}{2}$ cup flour.
1 teaspoon soda.
 $\frac{1}{4}$ teaspoon salt.
1 cup bran.
 $\frac{1}{2}$ cup honey.
1 cup sour milk.
 $\frac{1}{2}$ cup raisins floured.

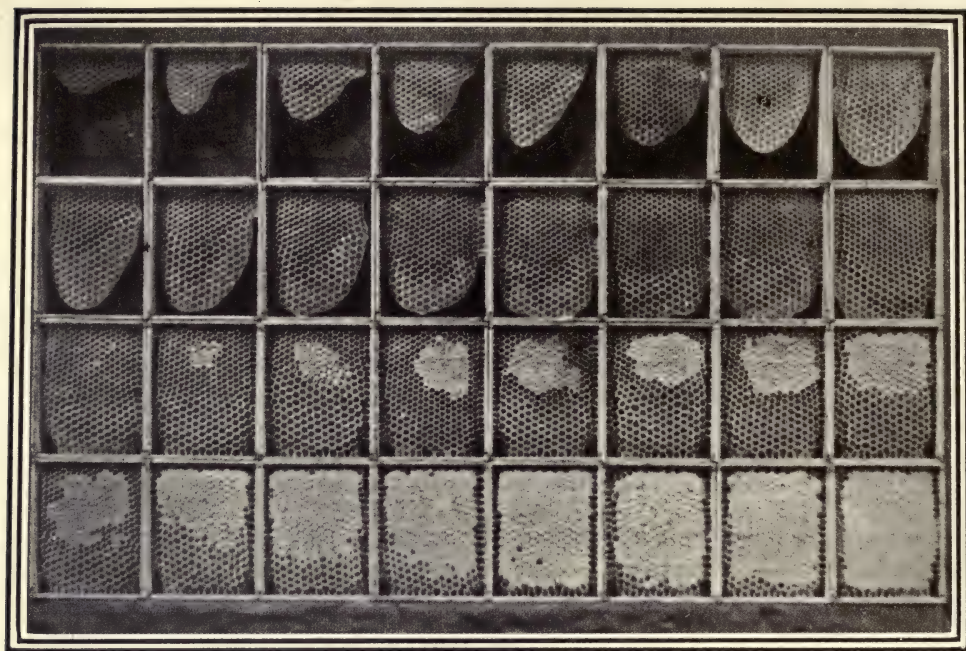
Sift together the flour, soda, and salt, and add the other ingredients. Steam three hours or bake 40 minutes in a slow oven. If the amount of milk is increased by half, the bread is more delicate and has a somewhat higher food value.

Honey and Nut Bran Muffins

$\frac{1}{2}$ cup honey.
1 cup flour.
 $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon soda.
 $\frac{1}{4}$ teaspoon salt.
2 cups bran.
1 tablespoon melted butter.
 $1\frac{1}{2}$ cups milk.
 $\frac{3}{4}$ cup finely chopped English walnuts.

Sift together the flour, soda, and salt, and mix them with the bran. Add the other ingredients and bake for 25 or 30 minutes in a hot oven in gem tins.

This will make about sixteen large muffins, each of which may be considered roughly to be a 100-calorie portion and to contain 2 grams of protein.



THE HONEY COMB AND ITS STAGES OF DEVELOPMENT

Desserts Made with Honey :

NEW ideas for dessert are always welcomed by the housewife, and with the aid of honey she can practically double her repertoire, as the honey can be substituted for the sugar in any formula if the necessary allowance is made for its acid and water content. The following will be found delicious :

How to Make Baked Honey Custard

- 5 eggs.
- $\frac{1}{2}$ cup honey.
- 4 cups scalded milk.
- $\frac{1}{8}$ teaspoon powdered cinnamon.
- $\frac{1}{4}$ teaspoon salt.

Beat the eggs sufficiently to unite yolks and whites, but not enough to make them foamy. Add the other ingredients and bake in cups or in a large pan in a moderate oven. The baking dishes should be set in water.

Good Recipe for Honey Mousse

- 4 eggs.
- 1 pint cream.
- 1 cup hot, delicately flavored honey.

Beat the eggs slightly and slowly, pour over them the hot honey. Cook until the

mixture thickens. When it is cool, add the cream whipped.

Put the mixture into a mold, pack in salt and ice, and let it stand three or four hours.

The Use of Honey in Salad Dressing

HONEY can even be introduced into salad dressings, such a mixture as the following being particularly suitable for fruit salads :

Recipe for Salad Dressing

- 4 egg yolks.
- 2 tablespoons vinegar or lemon juice.
- 2 tablespoons butter.
- 2 tablespoons honey.
- 1 teaspoon mustard.
- 1 teaspoon salt.
- Paprika to taste.
- 1 cup cream.

Heat the cream in a double boiler, beat the eggs, and add to them all the other ingredients but the cream. Pour the cream slowly over the mixture, beating constantly.

Pour it into the double boiler and cook until it thickens, or mix all the ingredients but the cream and cook in a double boiler until the mixture thickens.

As the dressing is needed combine this mixture with whipped cream.



Many Ways in Which You Can Use Honey

How to Preserve with Honey

HONEY can be used in a great variety of ways for preserving.

A good jelly may be made by combining a cupful of apple juice with a cupful of honey and proceeding as in ordinary jelly-making, and other combinations of the sort could probably be worked out.

The more delicately flavored honeys are probably best for the purpose, alfalfa giving an especially spicy taste.

The expensive Bar-le-Duc currants of commerce are often stewed in honey, and the housewife can duplicate them at very little cost. Their high price is due to the fact that they are seeded without being mutilated. This is done by cutting a slit in one side and removing each seed with a needle. By omitting this unnecessary labor, adding the currants to an equal quantity of boiling honey and cooking carefully for two or three minutes so as not to destroy the shape of the fruit, practically the same result may be obtained.

Each currant should be pricked with a needle to prevent bursting, and if the juice liquifies the honey too much the liquid may be reduced after the removal of the currants.

Cranberries cooked in honey and water are delicious. Take equal weights of each of the ingredients, and after pricking each berry several times to prevent bursting and permit the syrup to penetrate to the interior, cook them slowly until they are soft and boil down the syrup until it just covers them. Pour into glasses and cover like jelly.

A satisfactory method is to place all the ingredients in a double boiler and heat them very slowly. If this method is followed, the boiling down of the syrup is even more necessary than when the berries are cooked more rapidly.

HONEY is particularly satisfactory in combination with sugar for candies, because as in the case of icings it causes them to remain soft. It is for this reason that candy manufacturers use glucose, and honey, which is largely glucose, is certainly a more desirable ingredient.

Recipe for Nougat

$\frac{3}{8}$ cup honey.
 $\frac{1}{2}$ cup brown sugar.
1 pound almonds.
2 egg whites.

Boil the honey and sugar together until drops of the mixture hold their shape when poured into cold water. Add the whites of the eggs, well beaten, and cook very slowly, stirring constantly, until the mixture becomes brittle when dropped into water. Add the almonds and cool under a weight.

The candy can be broken into pieces, or it may be cut and wrapped in waxed paper.

Recipe for Honey Fudge

2 cups sugar.
 $\frac{1}{3}$ cup honey.
 $\frac{1}{3}$ cup water.
2 egg whites.
1 teaspoon of vanilla extract.

Boil together the sugar, honey, and water until the syrup spins a thread when dropped from a spoon (about 250 degrees Fahrenheit).

Pour the syrup over the well-beaten whites of the eggs, beating continuously and until the mixture crystallizes, adding the flavoring after the mixture has cooled a little.

Drop in small pieces on buttered or paraffin paper. The vanilla may be omitted.

THE APRIL ISSUE OF THIS MAGAZINE WILL BE
A "CONSUMER'S NUMBER"—EVERY PRODUCER
AND EVERY CONSUMER SHOULD READ IT



CHARMING DINING ROOM IN HOME OF JULIAN STREET

What About Your Dining Room

EXPERT ADVICE ON HOME DECORATION

Have you ever stopped to think why it is that in so many homes the dining room is the best furnished room of them all?



HE reason is clearly because the furniture has all been chosen with a singleness of purpose, to the one end that the room shall serve its definite use in the life of the household, and also because the limited function of the room prescribes a certain uniformity and admits of little, if anything, superfluous.

Were the function of the living room as clearly defined and understood—as it ought to be in every home but seldom is—we would not so often find it a hodge-podge of unrelated ideas.

Unfortunately, of most living rooms it must be said that, like Topsy of old, they “just grew,” and so the dining room, having been more intelligently planned to fulfill a simple duty, is the more pleasing of the two.

The point of this little digression is that the more the home-maker succeeds in subordinating all details to the dominant idea of good cheer and hospitality



PLANTS, SUNSHINE, MAKE THIS CORNER IN LIVING ROOM IDEAL PLACE TO BREAKFAST

How to Make It Attractive

DEPARTMENT BY VIRGINIA EARLE

for which the room should stand, bringing together only such things as directly contribute to its avowed purpose and being careful to eliminate not only superfluous furniture but superfluous ornaments, which would detract from this central idea, the more satisfying her dining room will be.

What Is Your Dining Room?

SO it would seem that the making of a "good" dining room is a very simple matter—and it is. The making of a living room is more or less of a complex undertaking, according to the

individual demands to be made upon it by various members of the family; but in the dining room, grand or simple, large or small, family and friends gather with but one intent, and its furnishings whether of much or little worth comprise but a few essential things.

The art of the decorator, then, resolves into providing these simple essentials in the most harmonious and suitable manner possible; it does not even mean necessarily the buying of a dining room "suite," though furniture all of a kind is the convenient thing.

Chairs that are alike, or at least of the

Artistic Arrangement of Your Dining Room



SIMPLE, YET LUXURIOUS AND INDIVIDUAL DINING ROOM IN COUNTRY HOME

same general contour and size, we shall want not only because they best serve their practical purpose when so, but because this is one means of preserving the artistic unity of the room. The arrangement of our dining-room furnishings, just as of the dining table itself, will always follow a more or less symmetrical plan as a matter of convenience as well as of art; but there the prescribed likeness between all dining rooms ends and the points of difference begin.

While many who can least afford even a dining table and chairs of fine furniture will look upon a sideboard and conventional serving-table as necessities, even though it means buying cheap, unworthy pieces, many of our most attractive dining rooms find substitutes for these things which lend individual interest and

charm to the decorative scheme as well as oftentimes cutting down expense.

The Sideboard — Made or Ready-Made

FOR example, in the oak furnished dining room shown on page 44 a plain, substantial "dresser" of cupboards with linen and silver drawers and a broad shelf on top, has been built-in opposite the windows and not only answers all purposes of the usual sideboard but, as a structural part of the room, gives more character to its furnishing than would any bought piece that could have been had at a like cost.

So many dining rooms, particularly those furnished in any sort of oak, would admit of a carpenter-built sideboard with good effect, that the wonder is we do not find more of them.

Beauty Is Often a Matter of Simplicity

If well-made, with hinges and drawer-pulls of hand-wrought copper or iron or brass, and finished in a way that makes it seem a part of the standing wood-work of the room, such a piece of built-in furniture is far more to be desired than any moveable sideboard of ordinary design.

The dining table ranks first in importance among the furnishings of the dining room, but the sideboard is the most conspicuous piece of all and, therefore, should either be especially beautiful, and worthy the attention it attracts, or else should be made as inconspicuous as possible so that it may become in effect but a part of the background idea.

Where a room is furnished in mahogany and one can possess a really handsome sideboard—one of those ex-

quisitely graceful models of Sheraton or Hepplewhite, or of Adam design, or one of the heavy, generously built sideboards of Colonial days—then there is reason for making almost any sacrifice rather than do without it. Until the eighteenth century the sideboard as we know it to-day had never been used and few of the modern pieces of so-called "Jacobean," or "Tudor," or "William and Mary" design which are now made to go with these seventeenth century styles, are worthy the place they fill in dining room decoration unless of very costly construction.

On the other hand an unpretentious fumed-oak sideboard of severely plain Mission or Craftsman lines, laid with a coarse runner of tan or brown linen and set out with wooden candlesticks



STRIKING EXAMPLE OF COSTLY SIMPLICITY AND EXQUISITE GOOD TASTE

Dignity Is Essential in Every Good Home

and a few pieces of hammered copper or brass—especially if the latter include a bowl of fruit or nuts or yellow jonquils—will “hold its own” as the feature of special interest with both dignity and artistic effect.

Omitting the Sideboard Altogether

WHERE the scheme of dining room furnishing calls for an expensive sideboard and this can not be afforded, it is better to change the entire plan at once or make up one's mind to do without this particular piece altogether—at least until the really right piece can be had.

In the very handsome though simple dining room, pictured on page 40, no sideboard appears. This is obviously not omitted for the sake of economy, but rather because it was felt that in this case the room would be better in appearance without one.

With enamelled furniture of the French styles the use of a pair of consoles, or console-tables, is correct in place of a sideboard, and with mahogany furniture of any kind this substitute for the one large piece of furniture can always be used, if for any reason a fine piece of Colonial or Georgian design may not be had.

One particularly good feature of the console table is that it can not be so badly abused in the way of appointments for the simple reason that there is not room on it for many things.

After all, sideboards are intended for the display of only the family plate—that is, for the larger pieces and not for an exhibit of miscellaneous small silverware. Legion are the things we should *not* put upon this accommodating and mis-used piece of furniture; few are its requirements.

If there is no family plate to be displayed we may always fall back upon glass or wooden candlesticks, a decorative tray and a vase or a bowl of flowers; dishes and comports of fruit properly belong upon a side table, while salt

and pepper shakers, even though handsome, should be kept under cover as much as oil and vinegar cruets, and finger bowls are never displayed by one who observes the canons of good taste.

Serving Tables and Their Substitutes

SPEAKING of serving tables, here, too, is another piece of furniture which, in its conventional form, is no more necessary in the dining room than a sideboard. It was interesting to see not long ago in the dining room of the vice-president of one of the finest furniture manufacturing companies in this country, one who makes an especial feature of exquisite dining-room furniture, a collection of odd though beautifully harmonious pieces; the explanation given was that the owner found more interest in furniture assembled in that way than in those perfectly matched suites which he made to sell to others.

However, it takes more than merely an artistic sense to put dining-room furniture of different kinds together and produce a satisfying and distinctive room.

A beautiful suite of dining-room pieces all made after the one design is always a safe investment from the artistic viewpoint, but, with the exercise of a little discretion, it is possible to make a most attractive dining room with pieces that differ in exact pattern but which are related by a kindred period feeling or in the general character of their design.

Again the introduction of perhaps just one odd piece, such as for instance the serving table, will often lend the charm of variety to an otherwise closely unified scheme.

Such is the case in that delightful Georgian dining room shown on page 38 where an odd drop-leaf table laden with bowls of flowers stands at one side by the windows and, when meals are served, it is only necessary to raise up one of the spacious leaves to accommodate vegetable dishes and whatever else would naturally find its way to a side table.



Cheap Buying May Not Mean Economy

The ever-useful gate-leg table is particularly adaptable as an odd serving table, for with its side leaves down it occupies little room, is highly decorative however used and in one or another of its different forms may be used with any of the early English styles in oak, or with the walnut furniture of a later period or even with our beloved mahogany of eighteenth century styles.

The point of our argument is not to disparage the conventional dining-room suite of furniture in its entirety, providing that it be worthy in design, but simply to show that it is by no means necessary to sally forth to buy such a "complete outfit," as it were, if one is handicapped by a limited price.

Good dining-room furniture is seldom inexpensive, and "bargains" are even less often cheap. When, therefore, economy must largely govern the matter of choice, is it not far wiser to invest in a few really good pieces—a fine table and well-built chairs—using any simple substitutes for sideboard and serving table that can be made to answer a temporary use?

Later on, one may add to this good beginning odd pieces which shall be in keeping with, though they may not match, the table and chairs, and which will lend individual distinction to the room.

The Passing of the China Closet

It used to be, you know, and not so long ago, that a china closet was thought to be almost as necessary in the well-furnished dining room as the table itself. Have you stopped to think what has become of all the china closets which but a few years back "decorated" our dining rooms with their ostentatious displays of cut glass and fancy china?

Gone like "the snows of yesterday" are those senseless show-cases, from dining rooms of high or low degree, where good taste and common sense have taught the home-maker that the room which above all others in her house is

intended to dispense hospitality is not the place for an exhibition of miscellaneous wedding gifts, et cetera.

To-day when we have a collection of rare china which is of sufficient interest to warrant our keeping it on view, we build into the dining room a cupboard with recessed shelves, so that the closet itself is a part of the background of woodwork and walls, and therefore inconspicuous, while our finest china or glassware may be seen when you wish to look closely but will never attract undue attention to itself.

In place of a built-in china closet there are charming reproductions of old-fashioned corner cupboards made as separate pieces of furniture for Colonial dining rooms, and in many cases one of the high curio cabinets of Chippendale design, or other unusual pieces of this character brought over from the days of the master-cabinet-makers, may be used in a dining room with fine effect.

In either event the distinction between a piece of this sort and the commonplace china closet is that the former has sufficient merit and interest as a piece of furniture, irrespective of its contents, to make it, if a suitable place can be found, a real addition to the decoration of the room. But unless your china cabinet of whatever kind can be made supremely worth while—which seldom happens except in the home of a connoisseur—it is not worth having at all.

Once in a while we see a dining room mantel-shelf set out with rare old platters or pitchers or porcelain antiques, and now and then we find in a well-furnished home a reminder of the once indispensable "plate-rail." But in such an instance it will hold but a very few things and those of real worth, and the heirloom china it displays will have been made from the first a strong decorative feature of the room, with other things planned accordingly.

So few and far between are the dining rooms where such a plan is feasible that the plate-rail, like the glittering china

Why Not Give Your Home Distinction?

closet, is best left buried in memoirs of the past.

How to Treat Your Walls

HAVING done with this matter of its furnishings, let us look at the question of first importance in making a "good" dining room, and that is the treatment of its walls; for if these be ugly, the finest of furniture will never atone.

Only one other thing can quite compare with the dignity of a high wainscoting with some rich fabric, or grass cloth, or suitable paper on the wall-space above; and that one alternative is the beauty of simple panelled walls, above a lower wainscoting, or running clear down to the baseboard, as you choose.

There is distinction in a wall-space broken into well-proportioned panels that nothing else can give, a kind of distinction that can be carried over into the little house with plain painted walls divided into rhythmical parts by inexpensive plaster mouldings, or elaborated to almost any degree of elegance with walls panelled in costly silk stuffs, if you please.

While a pattern may be used with fine effect in the wall-treatment above a wainscot, even sometimes a bold design, the plain one-color dining-room wall is usually safest and best. Not only the dining-table appointments, but personalities and dinner gowns are displayed to advantage against a neutral background.



DINING ROOM OF CRUDE DISTINCTION SHOWN HERE—ESPECIALLY GOOD CENTER LIGHT

Decoration of Walls Makes or Spoils a Room

The only wonder is that people have been so long waking up to the fact that any room well-furnished should be made a sort of stage setting for the interests which center there and also for the persons who gather there.

A dining room with walls that have been made very decorative, either by means of the wall-covering, or well-placed porcelains or suitable pictures, is not only possible but sometimes extremely beautiful; but such rooms are exceptions to the rule.

After all, the plain panelled wall with well-placed lighting fixtures has at once the charm and dignity of the well-bred hostess who receives her guests without formality yet with proper restraint and reserve.

Plain Rugs Most Desirable

THE floor must also be treated as a part of the background idea. It is true that in a dining room we may safely use a rug with a medallion center that would prove tiresome in any other room, because of the logical position of the table which also occupies the center of the floor; but an Oriental rug in the dining room must be very, very good to justify its pretence there for, like the little girl in the nursery rhyme, "when it is bad it is horrid." By "bad" we do not necessarily mean poor quality or cheap, but too strong in color or too insistent in design, so that it refuses to lie quietly and unobtrusively on the floor.

The fascinating Chinese rugs with
(Continued on page 88)



EXQUISITE SET OF HEPPLEWHITE CHAIRS IN DINING ROOM OF SUBURBAN HOME

What the Housewives Can Do to Co-operate With Milk Dealers

By CHARLES H. HOOD

President of the International Milk Dealers Association

How much thought do you give the milk you buy? Do you know your dealer and do you know the quality of milk he is giving you?

Here is an opportunity for every housewife to coöperate with the milk dealer and so bring the best quality of milk to her table, and what benefits one benefits all.

It is the duty of the housewife to support the dealer who has her interest at heart and not only his own gain.

Know your dealer; learn what he is doing for you and coöperate with him in the betterment of the milk condition in your community.



It has been truly said that the problem of supplying a community with wholesome milk is one that is worth the best endeavors of any man.

Not only is the business itself of extreme importance to the public health, but it has many hazards that are difficult for the average person to understand.

The ease with which milk is contaminated by the germs of disease, and the speed with which it becomes, of its own nature, unfit for use, are two factors illustrating the importance of extreme care and the most rapid transition from the udder of the cow to the consumer's table.

Ordinarily, extreme care and quick handling are not consistent, but the problem of the dairy expert is to master this difficulty, not only for today but for every day, and one will find the atmosphere of the expert dealer's business charged with the spirit of "care and speed," and with a sense of keen responsibility for the accomplishment of both.

After all, the accomplishment of a successful service to place a wholesome

milk in the hands of the community can only be brought about through a better understanding between the dealer and the housewife.

Does the dealer live up to the expectations of the community?

Are they appreciating his efforts to this end?

The dealer who is spending his time and money to fulfill the demand for clean, pure, safe milk; who has, through his own efforts, secured radical improvements at the dairy farm through a system of cash premiums as an added incentive to the producer to clean up, who has established facilities for safeguarding and protecting his supply, not only to be sure that it is clean and pure, but that it is also safe, deserves consideration.

Cost of Doing Business Has Increased

THE price of this progress has been tremendous. The equipment needed by the dairy expert to properly care for his supply is costly. Just as the cost of living has increased to the housewife, so the cost of doing business has increased. Yet the price paid the expert dealer is very low and the margin of profit he works under, unreasonably so.

The solving of this problem is just as much one for the housewife as it is for the dealer and it can only be solved through coöperation. That should be the true relation between the two, for in coöperation there is immeasurable advantage to both.

A quart of average milk contains the same amount of nutritive ingredients as 8 eggs at 22.3c, ½ pound beef (round) at 14.8c, 2½ pounds of codfish (salt) at 14.3c, 4¾ pounds oysters at 72.6c, 1 1/3 pounds canned baked beans at 11.9c, 3¾

(Continued on page 92)

Housewives Investigate the Horse Meat Problem

By FRANCES WELD BARROWS

Associate Editor of the Housewives League Magazine



ELDOM has an innovation in the realm of food regulation called forth more active and widespread discussion than has the recent stand taken by the New York City Board of Health in declaring itself in favor of the use of horse meat as food.

The matter has been taken up in various parts of the country, and the pros and cons are being thrashed out, more or less vehemently, in nearly every large city.

Public sentiment, so far as can be ascertained, is decidedly against the use of horses as food. The idea is repugnant to most people, and they find it hard to overlook their personal feelings and view the matter dispassionately enough to give it a fair trial.

Among those who voice their objections most insistently, two groups stand out conspicuously—those who, for personal and sentimental reasons, refuse to discuss the subject at all, and those who are skeptical of the possibility of procuring a good grade of horse meat at a low cost, believing that the public is being duped into thinking that the sale of horse meat would bring meat within the reach of the poor people.

Be Unprejudiced in Your Decision

TO both these classes of opponents, the Housewives League recommends an open-minded, unprejudiced review of the situation before attempting to arrive at a definite conclusion, for the question is important and deserves careful study.

It must be realized that the matter is one which is bound to affect vitally great numbers of people, for if it be true that the sale of horse meat will bring meat within the reach of the great mass of people who are now compelled to do

without it because of its expense, the economic value to the community will be almost incalculable.

The injustice of disposing summarily, on personal grounds and without investigation, of a question of such far-reaching import is too apparent to need further comment.

The National Housewives League, pursuing its consistent policy of fair play and a square deal to all, stands ready to give the subject a thorough investigation before arriving at any conclusion.

Setting aside all personal feeling, and with minds open and ready to be convinced on either side, the official investigators of the League are doing all in their power to find out whatever there is to be known about horse meat, both for and against, and to lay these facts before the housewives of the country.

How Chicago Dealers View Situation

MRS. HEATH herself has spent several days recently in Chicago looking into conditions there.

She visited, in all, in New York City, about ten wholesale dealers in meat and sixteen retailers, and in no case did she find a disposition to offer horse meat for sale. In fact, the dealers scoffed at the idea. They expressed strong doubts as to the possibility of obtaining a good grade of horse meat cheap, for, they argued, only old nags could be sold at a low price, the good horses being worth more for use than for meat. "Where, then," they asked, "is the benefit to the poor people?"

Mrs. Heath left no stone unturned in probing the attitude of the meat dealers in Chicago.

"I had many talks with men interested in the meat industry," she reports, "and there seemed to be no desire nor

Mrs. Heath Holds Conference in Chicago

intention to foster the use of horse meat, so far as I could see.

"In Chicago, the retail dealers say they do not intend to sell horse meat unless it is forced upon them.

"When I asked them what they meant by that, they explained that, unless horse meat is sent to them without their knowledge, they would have nothing to do with it."

The fear of the substitution of horse meat for other kinds of meat is uppermost in the minds of many of those who object to its use.

It is claimed that this substitution is already practiced to some extent, and that the probabilities of its becoming a regular practice will be greater if the sale of horse meat is legitimized. Rumor has it that there is already a thriving industry which converts horse meat into "pork sausage."

Not long ago a barge containing a number of horses was sunk in the river just outside of New York City. Much indignation was caused by a report which went around, as reports will, that the drowned horses were sold to a sausage manufacturer, and were subsequently put on the market as sausages.

Investigations by Housewives League

A SPECIAL investigator for the National Housewives League followed up the rumor, and reassures New York housewives in the following report made to the National Executive Committee:

"I first went to see Dr. Blair of the Woman's League for Animals, Lafayette and Bond Streets, who was present directly after the sinking of the barge, Virginia, which had on board between five hundred and six hundred horses for export.

"Some were on deck, but the majority were below and were drowned at once upon the barge being sunk. Those on deck were washed off, and either swam ashore or were rescued.

"Dr. Blair referred me to Mr. Harney, Secretary of the Jersey City Stock

Yards, Jersey City. I went to see Mr. Harney about the matter, and he told me that, to the best of his knowledge, the drowned horses were purchased by the Van Idersteen Company, Hunters Point, Long Island, who conduct a rendering plant.

"Mr. Harney said that the horses which were saved were returned to the Jersey City yards.

"I next talked to Mr. Hayes at the Van Idersteen Company's plant at Hunters Point, Long Island. Mr. Hayes told me, and declared willing to swear, that none of the drowned horses on board the barge Virginia were used for food purposes.

"He said that the Van Idersteen Company purchased the dead horses as they lay aboard the Virginia. He declared that his company sent their own barges alongside the Virginia and, having loaded all dead horses onto their own barges, towed them to their docks at Hunters Point, Long Island, where they were to be rendered for hides, tallow and fertilizer."

How New York City Is Protected

AT the present writing there is no horse meat on sale in New York City, so far as we know, and it is impossible to tell as yet what will be its popularity (or lack of popularity) when it is finally placed on the market.

So far, the city officials have received only one application, from a man who stated that he wanted to kill horses for meat, but his request was somewhat vague, and the Board of Health has withheld its permission pending more definite information.

One or two samples of horse meat have come into the city for inspection, but are not yet on sale.

The Board of Health, at the present time, is occupied in framing a set of regulations concerning the sale of horse meat.

It is the intention of the Board to make
(Continued on page 84)

Know Thyself—The Power Within Your Body

Lecture on the Essential Points of Good Living

By DR. F. MARSH SOPER

Series of Lectures being delivered at National Headquarters of Housewives League

Know thyself! This is the first rule of life. The human body is the greatest piece of architecture in the world. Its mechanism is so complex and it is built up of such minute particles that it is almost impossible for us even to conceive of its structure.

We look upon the sky-scraper, built of bricks as units, as a wonderful piece of work. How much more marvelous is the mechanism of the body whose units measure one one-hundredth of an inch.

Dr. Soper, an eminent specialist, tells us in this lecture how to win health and success by knowing how to get the best out of our bodies.



IKE any other delicately adjusted mechanism, the body needs constant care and cannot be expected to give proper service unless it receives the right kind of treatment.

When a woman decides to have a new gown she naturally selects with care, and with an eye to good wearing quality, the material out of which the dress is to be constructed. That is wisdom on her part.

After she begins to wear the dress she does not treat it as if it were worthless. She bestows upon it the care which will keep it in the best condition and render it most useful to her.

Hence, the dress does not, figuratively speaking, die before its period of usefulness is gone. In other words, it is in the power of the woman to prolong the life of her dress or to destroy it by the amount of care which she gives it.

The same applies to our bodies with the exception that we have not the power to select the material out of which we are to construct our lives. That is done long before we are born. It is for us to determine the usefulness

of our lives by the care which we give to our bodies.

What We Owe to Our Offspring

BECAUSE the individual cannot choose his own material upon which he must build his life, it is especially important that every man and woman, boy and girl, be made to recognize the value of living lives that will insure long, healthy, useful lives to their children.

It is wonderful to think what gigantic power women have of molding the nation's future in this respect.

One of the first requisites of keeping the body at its best is to know what kind of food it should have. The needs of children as distinct from those of adults should be studied and the whole subject of right feeding should be given a great deal more thought than is generally given to it by women.

It has been said that many women should be indicted for manslaughter. Whether this is true or not, there is no doubt that many mothers should pay more attention to the food they are giving their families.

Sidney Smith said, when he came to die, "I have eaten two whole wagon-loads of food more than I should." The same could probably be said of most of us. What most of us need is not more food but food of the right sort.

The value of the foods containing large proportions of mineral salts is not appreciated as it should be.

Lime the Basis of the Body

IF a body is cremated the resultant material is found to be what is commonly referred to as ashes. If we spoke more correctly we should call the material lime. Phosphate of lime is the basis

Why Lime is Necessary in the Human Body

of the body. It is the foundation that composes the bony structure, which bears the same relation to the body as the steel structure bears to the skyscraper.

The child who comes into the world with a softened bony system is not well-born. The offspring of the Italian laborer stands as a pretty good example of the importance of a well constituted bony system.

It is often said that Italians live on what would starve an American. But is this the whole story? They exist, it is true; but do they live, with all that term implies?

When we pass a group of Italian workmen at noon and note their economical lunch of bread and onions or garlic, we are inclined to lament our inability to live as cheaply as they do. But if we followed the Italian workman home at night we should probably cease to envy him his ability to get along on next to nothing.

The Italian goes home at night, tired, and with all his stock of strength used up. He has not had enough sustenance during the day to replenish the nerve cells as they became exhausted. His nerve cells have run down, very much as a battery cell runs down, and need reinforcement before they are ready to work again.

His dinner at night is as meagre as his lunch and he goes to bed without the reserve strength that should carry him through his next day's work.

Although the Italian seems to live on this fare, he does not flourish. And what is worse he is in no condition to reproduce his kind. For it is an established fact that our forefathers determine to a large extent what we are going to be, physically.

The child born to the laboring Italian is not well-born. In fact, it is doomed before it is born.

Importance of Care of the Mouth

I HAVE had occasion to notice the condition of about one thousand mouths, and have been dismayed at the horrible state in which many mouths are kept. Teeth are neglected, or are wasted away because of the absence of lime. As a general rule, if the bones of the body are solid and firm, the teeth will be also.

This brings us back to our original caution—keep the bodies of your children well supplied with lime salts.

In this connection a few remarks about the care of teeth are in order. America is known as the paradise for dentists, because Americans have poor teeth as a rule.

The teeth should be brushed every time anything is eaten—even if it is only an apple—and they should be brushed with a good tooth preparation the last thing at night. If these rules are observed and the teeth are fortified with sufficient lime in their structure, it is safe to say that they will be all right.

The Skin Has Important Function

THE skin is an important factor in keeping us healthy. The skin is called the "second pair of lungs," because it is full of tiny cells, or pores, through which waste matter and impurities are expelled from the body.

If the pores of an ordinary-sized person were placed end to end, they would form a canal which would extend many miles. It is important to keep these cells clean and in working order so that they may perform their function of ridding the body of poisonous and impure matter.

Regular bathing is essential to keeping the pores in working order. If the constitution is strong enough to stand it, one should take a hot bath, followed by a cold one, each morning. This cleans out the pores in a most effective manner and makes them healthy and active.

When we become warm, the pores, if they are in good condition, are kept busy.

(Continued on page 80)

Housewives Establish Curb Markets for the Farmers in New Orleans

By R. G. MILLER

New Orleans (Louisiana) Housewives League

SOME of the retail dealers in the city of New Orleans are endeavoring to discourage truck farmers in the matter of selling vegetables direct to consumers through the curb markets recently established by the Housewives League. But the farmers will not listen to their apparent "threats."

A reporter asked several of the farmers who sold vegetables at the curb market Saturday if they had been approached on the subject by any of the city retailers, or others, and their replies were:

"Yes, some of them have come here and told us that we are doing wrong; that if we don't quit selling direct, they will 'fix' us when the curb markets 'blow up'." The farmers invariably give this answer:

"You attend to your business and we will attend to ours."

Why shouldn't the dealers complain? And why shouldn't the consumers clamor more loudly for more of the curb markets?

The nine wagonloads of vegetables brought to the market the first Saturday brought the growers about \$121.25, which the farmers say is fifteen to twenty per cent. more than they would have received if they had sold to the dealers. And if the consumers had bought the same amount of vegetables from the dealers, about \$278 would have been paid; a saving for the consumers of over \$150.

What Curb Market Means to Farmers

IT took just two hours for the farmers, managed by a marketing committee of the Housewives League, to dispose of the nine wagonloads of vegetables. Fifty wagonloads could have been sold in

the same time, with markets distributed at various places in the city.

The farmers say they have received no complaint from the commission houses and shippers of vegetables.

What the farmer wants is more money for his goods and what the consumer wants is more goods for his money—the Housewives League has solved this problem by establishing the curb market.

Under the management in which they are now conducted, the curb markets will not "blow up" at all.

No under weights or short measures will be tolerated. The League settled that point at a special meeting at which the growers were present. The "regular" kind of peck, quart and gallon measures have been selected, and as to weights, the consumers will get every ounce of a pound.

Big blackboards will be set up on the curb market grounds next week and the prices of vegetables and produce sold will be plainly painted thereon. This will insure uniform prices—one will not be allowed to oversell or undersell another.

It pays to come early to these curb markets. There is a big demand for radishes, at three bunches for five cents, shallots, turnips, leeks, carrots, mustard, etc., at the same price. Some of the bunched vegetables sell for five cents for two bunches.

Practically all of these are sold by the dealers for five cents straight, sometimes "three for ten." The saving to the consumer is fifty per cent. or more.

On the nine wagons at the market that first Saturday there was every kind of vegetable. By nine o'clock only a few turnips were left.

At the markets there will usually be



How the Curb Market Helps the Consumers

(Continued from page 51)

butter, eggs, hot rolls, country pork sausage, cauliflower, sweet potatoes, shallots, leeks, radishes, beets, mustard, parsley, spinach, carrots, lettuce, turnips and kohlrabbi all selling at prices that anybody can afford to pay.

How Curb Market Helps Consumers

THE fact that one curb market has met with great success from the start is sufficient proof that the middleman is not needed in the distribution of vegetables in New Orleans.

In these days of "high living cost," almost any housewife is willing to go to a little extra trouble if she can get vegetables at a much lower cost than she could buy them at the store.

This is indicated by the large number of people who come to the curb market from distant parts of the city. They not

only go to buy vegetables, but to solicit a market of the kind for their localities.

Up to nine o'clock Saturday morning over seventy-five automobiles stopped and carried away a good lot of the vegetables—fresh from the country, no second hand stuff.

It is not the intention of the Housewives League to put the wagon peddlers or dealers out of business. But they are against having to pay the peddler fifteen cents for three bunches of shallots or radishes when they can get the same amount from the curb market for five cents.

With over six hundred and fifty members, the Housewives League is back of the movement and is determined to convert the city into buying fresh vegetables from the growers direct. It also helps the farmer.

RICE QUESTION AROUSES INTEREST THROUGHOUT COUNTRY



HERE appears to be a widespread popular misunderstanding regarding the meaning of the phrases "unpolished rice" and "uncoated rice."

The polishing process, as understood in the Orient and by the best authorities in this country, refers to the rubbing or scouring of the hulled grain in various machines by which most of the bran coat or pericarp is removed. The resulting product is often coated to improve its appearance.

The coating process consists in the application of glucose, talc, or other foreign material to the surface of the already polished grain.

The people of many localities in Asia use true unpolished rice; that is, rice from which the hulls and part, but not all, of the bran have been removed.

Such an article is sold to a slight ex-

tent in the United States, but the market supply is composed principally of polished rice, most of which has also been coated with talc or glucose or other coating material.

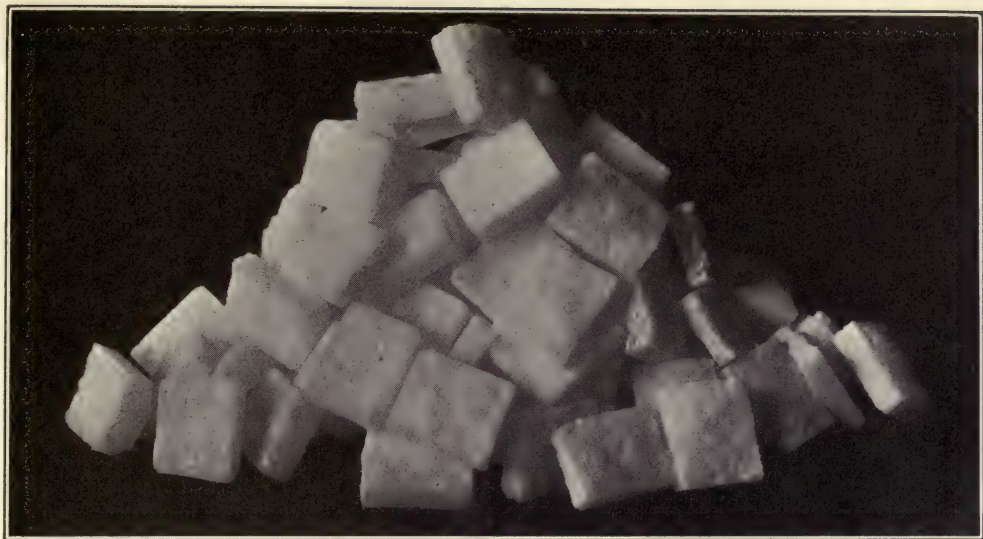
Polishing removes a considerable portion of the protein, fat, fiber, and inorganic salts, as well as flavor, from the grain.

The rice question has aroused considerable interest in this country because it is believed by many investigators that the disease known as beri-beri, which is common in the Orient, is due to the consumption, as the main article of diet, of rice that has had the bran coat completely removed.

Rice bran is an important source of certain elements which are believed to be efficacious in the treatment of beri-beri.

Those who eat a varied diet, as is the

(Continued on page 88)



SUGAR IS ONE OF THE GREATEST AND MOST IMPORTANT FOODS IN AMERICAN HOMES

Sugar—and Why We Need It

Health Value of Sugar Cane

By DR. CAROLINE H. MARSH WICKLE

Do we eat enough sugar? Why are children candy crazy? The answer is given in this lecture by a national authority. It is because the human race craves sugar; we must have it in some form.



EVERY human being is taking in energy fuel by means of the food he eats. This energy fuel comes from two main sources—alcoholic beverages and sweets.

There are a few who are compromising between these two extremes by excessive drinking of tea or coffee or by secretly dosing with narcotics. But these people are not able to get the continued motor force in their muscles that the alcohol drinker or the candy and fruit eater obtains.

The beer drinker is not apt to care for sweets and the candy eater often does not desire beer. Of course, there are always exceptions to this general rule.

It must not be overlooked that sugar

enters into the making of all alcoholic beverages. This point contains food for thought. The strongest brandy I have ever tasted was made from pure sugar-cane juice.

Why Sugar Gives Energy and Endurance

WHY is it that every one of us craves sweets or liquor? There is not an article of food that we eat which supplies such energy and power of endurance as sugar. Besides being a powerful muscle food it is a concentrated food. A little of it goes a long way, and for that reason it is one of the most powerful foods we possess.

It is a positive fact that the person who abstains from sugar and reduces his diet to one free from carbohydrates in favor of protein foods, such as meats, shows feeble muscular energy and a lack of physical endurance.

The athlete and soldier is fed with sweets. It has been said that "Sugar may decide a battle and jam is, after all, more than a sweetness to the soldier."



We Spend \$107,000,000 a Year for Candy

We are hearing to-day what an immense amount of sweet chocolate is being sent to the fighters in Europe, and you may remember how much newspaper comment there was over the amount of sugar Roosevelt took to Africa with him. He was told that, if he wanted to remain well while in Africa, he must have sugar.

The health-giving qualities of pure sugar were recognized way back in the times when doctors knew little about scientific reasons for the phenomena they noticed. I quote from an article written by a physician in 1799 and called a "Treatise on Sugar":

"In the West Indies," the article runs, "the negro children, from crude vegetable diet, are much afflicted with worms. In crop time, when the canes are ripe, these children are always sucking them. Give a negro infant a piece of sugar cane to suck and the impoverished milk of his mother is tasteless.

This salubrious luxury soon changes his appearance—his emaciated limbs increase and if the canes were always ripe he would never be diseased.

I have often seen old, scabby, emaciated negroes creep from the hothouses, apparently half dead, in crop time, and by sucking canes all day long, they would soon become fat and sleek."

Two hundred years later I witnessed the same results, both there and in Florida.

Why We Should Eat Sugar Cane

THE wonderful sugar-cane juice contains certain ingredients which the United States analysis does not give, and I hope to see the day when we will have stalks of sugar cane in our stores for people and the school children to eat.

It will help to put an end to our winter epidemics of tonsilitis, scarlet fever, measles, roseola, etc.

And there is no reason in the world why we should not have this beneficial food in the North. As soon as the women demand it, it will come. The

sugar canes are going to waste in the South and if the planters knew there was a market for them in the North, they would be only too glad to send them.

The stalks will remain good for a month and can be shipped to the North with little difficulty. They can also be grown in certain sections of the North.

I have watched the growing of the sugar cane in Florida and the West Indies and have seen it made into syrup and sugar. Just as soon as the darkies learn that a syrup mill has begun to operate, they begin to come for drinks. Others come, too.

The wild animals seem to scent the odor miles away and the cattle roaming through the woods begin to gather around. It is a motley gathering. They can be heard all through the night as they root around the pile of canes which have been discarded, in search of the health-giving juice.

Valuable Minerals in Sugar-Cane

THE juice comes from the squeezing process looking very much like dirty water.

No one woman has made a harder fight or has accomplished more to expose to a suffering public the condition of much of the candy in the market than Miss Alice Lakey. What she has done is bearing fruit, although slowly, and the extermination of impure candies from our stores is surely coming. I quote from her report:

"In the year 1910, this country spent \$107,000,000 for 800,000,000 pounds of candy. (This does not include the sections where the natives made their own syrup and candy)."

THE saccharine of our cane juice is quite another thing. It is God's sweet and not man's, and when man tries to improve on nature's product he makes a fizzle of it.

There are pure, unadulterated candies
(Continued on page 91)

Meatless Menu—How to Try the Vegetable Dinner

Lecture at National Headquarters

By MRS. FRANK EWALD

Did you ever try to prepare a meal without meat? It is not a difficult task when you know how. Mrs. Frank Ewald, in her interesting lecture at National Headquarters, demonstrates what she calls a "Meatless Menu." Here it is—try it.

A Meatless Menu

Cream of Tomato Soup	
Lentil Loaf	Potato Patties
Baked Noodles	Spinach
Pepper and Cheese Salad	
Sponge Cake with Peaches	Coffee



HOSE who have tried living without meat agree that we all eat too much of it. There is no doubt that we should be much better off if we knew a little more about using the great variety of nourishing vegetables with which nature has provided us.

We cling to the green vegetables, even buying them canned when fresh ones are out of season, and overlook the valuable beans, lentils and dried vegetables of which we could make such good use.

Many people have found it a great advantage to know how to substitute the nourishing vegetables for meat during the hot summer months, and many are convinced that they pull through the hot season in much better shape if they do without meat entirely at that time.

In winter, as well as summer, a meatless diet has its advantages. When the price of meat soars, as it does every winter, it is one of the housewife's valuable assets to know how she can get along without it and let the butcher sing for his money.

If the housewife is to serve many vegetable dinners it will be necessary

for her to keep her brain busy devising new and original ways of dressing up the familiar vegetables, so that her family may not feel that they are being neglected when they are given no meat to eat.

One of the standbys for the housewife who would plan a meatless menu is vegetable loaf. This can be made with a variety of ingredients, the number of delicious, nourishing combinations being limited only by the ingenuity of the housewife.

One of the most nourishing combinations for a vegetable loaf is made with lentils as a foundation. Lentils are among our most nourishing and most inexpensive vegetables. They contain a large amount of protein, which gives meat its value, and they are useful to take the place of meat for that reason.

Recipe for Lentil Loaf

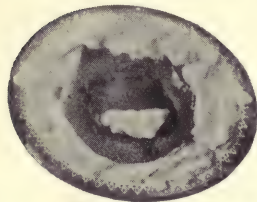
ABOUT half a pound of lentils will make a vegetable loaf for a family of four.

If the lentils are old they need a long soaking, over night, if possible. If they are young and fresh, one hour's soaking will suffice.

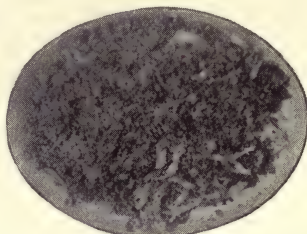
After the lentils have soaked until they have softened up a bit, place them in boiling, salted water and let them simmer for half an hour, or until they are tender. The exact amount of time required will depend upon their age.

When they are tender drain off the water and rub them through a sieve. Then mix with one cupful soft bread crumbs, one tablespoonful each of minced celery leaves and parsley, add a pinch of dried mint leaves and half an onion, grated.

Recipes by an Expert in Vegetable Diet



POTATO PATTIES



BAKED NOODLES



SPINACH

If the flavor of garlic is liked, rub a clove of garlic over the inside of the mixing bowl before starting to mix the ingredients.

Add one cupful chopped nut meats. A mixture of peanuts and walnuts gives a very good flavor, but either can be used alone. Chestnuts are also a very good addition.

Stir the ingredients thoroughly until the mixture is the consistency of a mush. Pour into a greased baking pan, spread fine bread crumbs on top and bake for one hour in a moderate oven. A bread tin makes the most attractive loaf, but and frying, instead of baking in a loaf.

This loaf can be served with a hot tomato sauce or a cream sauce, or it is very good when lemon juice is squeezed over it. Tomato sauce, of course, will not be used if a tomato soup has been served as a first course. If tomato sauce is desired with the lentil loaf substitute another cream vegetable soup for the first course.

What to Do with Cold Lentil Loaf

IF you have any of the loaf left over it can be made into a delicious luncheon dish by cutting it into slices, rolling in egg and then in bread crumbs and frying. Squeeze a little lemon juice over the slices just before serving or serve with quarters of lemon.

Recipe for Lentil Cutlets

THE lentil loaf can be varied by shaping the mixture into cutlets and frying, instead of baking in a loaf.

Allow the lentil mixture to cool, then

shape into cutlets, dip in egg and then roll in bread crumbs. Fry a delicate brown and serve piping hot. Tomato sauce or cream sauce or lemon juice can be served with the cutlets.

How to Make Wheatena Cutlets

THESE are made according to the recipe for lentil loaf, substituting wheatena for lentils.

Into one pint of boiling, salted water stir slowly enough wheatena to make a thick mush.

Mix this with bread crumbs, nuts and flavorings, as in lentil loaf, and when cold shape into cutlets and fry or bake in a loaf.

Serve with tomato or cream sauce, or lemon juice.

In any of the above recipes a beaten egg may be added and will make the mixture lighter and richer.

Split peas, red kidney beans, or lima beans can be substituted for lentils.

New Ways of Serving Potatoes

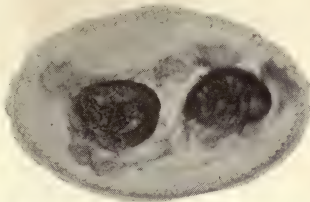
THE housewife with an eye to labor-saving will always cook a two-or-three-days' supply of potatoes at a time. She can reheat them easily in various appetizing ways.

Recipe for Potato Patties

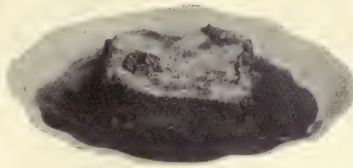
POTATO patties are as delicious as they are unusual. Cut cold, boiled potatoes in halves, scoop out a hollow in the center of each half and fry a golden brown on both sides. Fill the center with delicately browned, fried onions, well seasoned. Serve very hot.



Palatable Dishes are Easy to Prepare



SPONGE CAKE AND PEACHES



LENTIL LOAF



PEPPER AND CHEESE SALAD

Recipe for Baked Mashed Potato

TO a cupful of mashed potato add one cupful of stale bread crumbs, one-half teaspoon each of minced celery and parsley leaves and one tablespoonful butter. Moisten with milk. Pile into a greased baking dish, sprinkle top with fine bread crumbs and bake till the bread crumbs are browned.

Many people feel the need of a second heavy vegetable when the dinner contains no meat. In such a case a dish of noodles makes a very good addition.

If the housewife makes her own noodles she can be sure she is getting real egg noodles and not a concoction made with some "egg substitute."

Do You Make Your Own Egg Noodles?

BEAT two eggs, then add two table-spoons water and one-half teaspoon salt. Add gradually one pint of flour, stirring the mixture all the while the flour is being added.

When the mixture has become too stiff to stir, turn it out on a floured board and knead into a stiff, elastic dough. Roll out into a very thin sheet, just as you would roll pie-crust.

Spread the dough out on a clean sheet of paper and put in a warm place to dry. When thoroughly dried, cut it with a sharp knife into very thin strips.

The noodles can then be packed into a jar or a bag and will keep indefinitely.

There are a number of ways to cook this humble dish, and among the most appetizing methods is to bake them.

Recipe for Baked Noodles

BOIL the noodles in salted water till they are soft. Drain them through a collander and pour hot water through them to wash away the extra starch.

Reheat the noodles and serve with a layer of fried bread crumbs on top, or pile the noodles into a greased baking dish, sprinkle bread crumbs on top and bake till the crumbs are a delicate brown.

A cream sauce or tomato sauce can be served with this dish.

Cheese is also a good addition, especially if the dinner is without meat. Cut the cheese into small pieces and melt it in a cream sauce. Pour this over the noodles, sprinkle bread crumbs on top and bake till the crumbs are brown.

Spinach is one of the housewife's most useful allies, for it can be served in such a variety of ways.

It is a good plan always to cook a quantity of spinach at a time, for it keeps well and can be "trimmed up" at a moment's notice and brought to the table under any number of interesting guises.

Try This Omelet

SPREAD a layer of hot, creamed spinach, well-seasoned, over one side of an omelet and fold over.

How to Make Spinach Souffle

MAKE a souffle, using the same recipe you would use for cheese souffle, and substitute spinach, chopped fine, for the cheese. Serve hot.

The salad course in a dinner where no meat is served may well contain cheese
(Continued on page 90)

The Bread Question—and Its Solution

ARGUMENT IN FAVOR OF THE LARGER LOAF

By W. E. LONG

(In Bakers Weekly)



PROGRESS means working up to the demands of to-day, not in following past precedents and traditions.

Following old foggy customs and fearing to allow a new idea to rise above the edge of a dough trough bound the bakery business to the "dark ages" prior to twenty years ago.

When the great light burst in upon the baker at that time, a few daring ones began to think of progress. Then followed a development such as few industries can boast of. Precedent and past customs tumbled like a house of cards before the onslaught of science, reason, judgment and modern business methods.

So fast, indeed, has been this development that the baker has had little chance to check up on the cost and consider how much farther he can go with his revenue, fixed by the price limitations established by custom for his product.

The wholesale price of 4 cents gives the baker an average of $3\frac{84}{100}$ cents for each loaf, figuring the average stale returns. Costs of production differ in different plants, according as each baker figures his costs.

Some charge a salary for themselves, others do not; some charge depreciation on their buildings and equipment, and some do not know what is meant by the word "depreciation." Some, in fact, have no system of accounting at all. They work hard and their whole family gives their labor to the business, and at the end of the year, if they find they have a few more dollars in the bank than they had the year before, they figure they have made money.

The baker who follows this practice is usually the price-cutter, and it is this class of baker who is still trailing along in the dark, with little hopes and less prospects of ever getting anywhere.

MEANWHILE the progressive baker—the student of conditions—sees that this price of $3\frac{84}{100}$ cents has its limitations, beyond which the demands of further progress dare not take him. He sees the cost of production constantly rising and his profit per loaf constantly narrowing. He is putting everything into his loaf now that the price will stand. Yet he knows that if he can produce a still better bread he can develop the business far beyond its present output.

Let us see what he is putting into this loaf now besides material and labor. What expense has he to-day that the baker of twenty-five years ago did not have? We may enumerate only a few of them, but these will be sufficient to prove how much this small price per loaf must bear.

First, we have the item of larger investments in real estate and the building of permanent and solid structures, especially adapted to the manufacture of bread; heavy investments in machinery, enamel-faced patent ovens and other equipment; the maintenance of better sanitary standards, which means labor for keeping the bakery clean and in good order. In many bakeries shower baths and expensive locker rooms have been provided for workmen; clean linen for the workmen is also provided by nearly all modern plants, and welfare work for employees is receiving more and more attention. The item of depreciation and for maintenance and repairs, which must be charged against cost of production, is an item unheard of until recent years. Better and more expensive delivery equipment is required now, wagons and autos must be painted and washed more often now than formerly. Some claim this is advertising, and, while this is true,

(Continued on page 86)

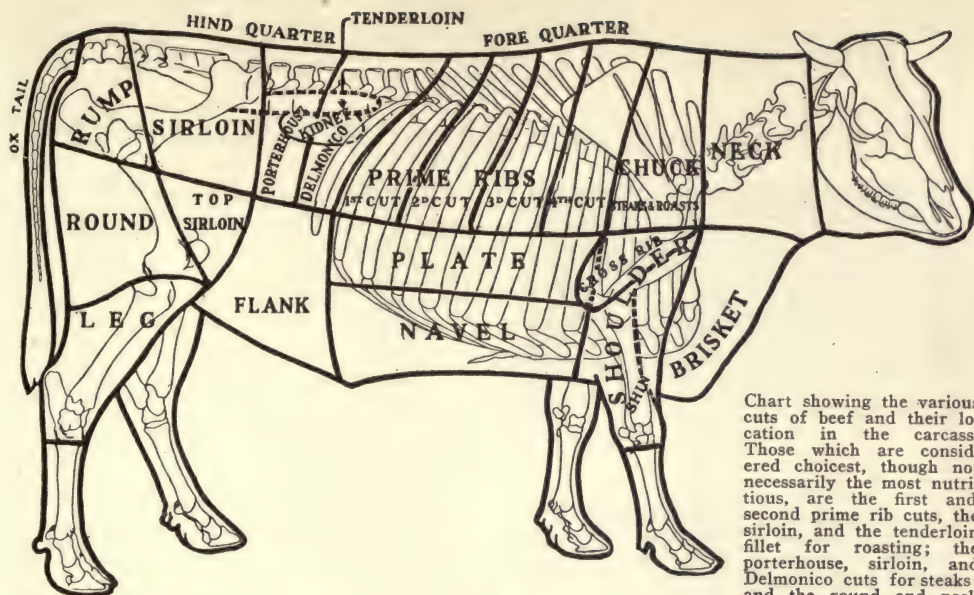


Chart showing the various cuts of beef and their location in the carcass. Those which are considered choicest, though not necessarily the most nutritious, are the first and second prime rib cuts, the sirloin, and the tenderloin fillet for roasting; the porterhouse, sirloin, and Delmonico cuts for steaks; and the round and neck for casseroles.

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How to Buy Meat—Lessons from a Master Butcher

Lecture at National Headquarters

By RICHARD WEBBER

Do you know how to buy meat? Do you know the different cuts? Here is an illustrated lesson by one of the leading experts in this country. This lecture was delivered at National Headquarters and is now brought before the Housewives of the nation through this official organ of the League.



WHEN the butcher receives a "side" of beef, the first thing he does, usually, is to cut it into two parts, dividing the carcass at a point near the first rib. The two parts thus made are known as the forequarter and hind quarter of beef.

The hind quarter furnishes us with most of our choice steaks—the porterhouse, Delmonico and sirloin—as well as the cheaper and less delicate flank and round steaks. From the fore quarter we obtain the prime roasts which we

prize so highly and the popular and economical boned and rolled roasts.

The less desirable and hence less expensive cuts—for corned beef, pot roast, stews and soups—are taken from the less tender parts of the animal in both the fore and the hind quarters.

The hind quarter of beef can be divided roughly into two sections, the loin and the round.

From the loin we obtain our most tender steaks. Starting at the first rib and counting toward the rear, we find the three most prized and most expensive steaks, namely, the Delmonico, the porterhouse and the sirloin.

These steaks are tender, juicy and of fine texture, and command a higher price than the steaks located in any other part of the animal, because they are considered a delicacy.

As a matter of fact, there are certain other steaks, those cut from the round,

Simple Advice About Beef Will Save Money

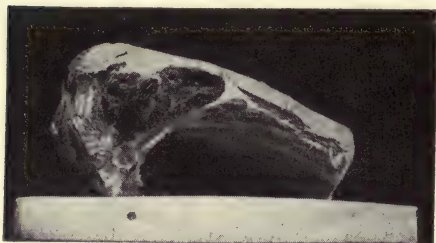


Fig. 1—Prime ribs, first cut



Fig. 2—Prime ribs, second cut

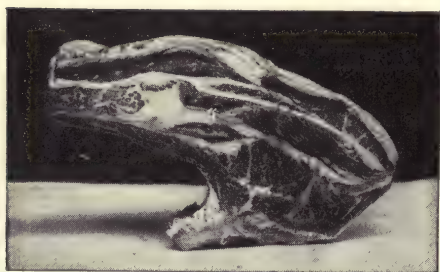


Fig. 3—Prime ribs, third cut, showing tip of shoulder-blade

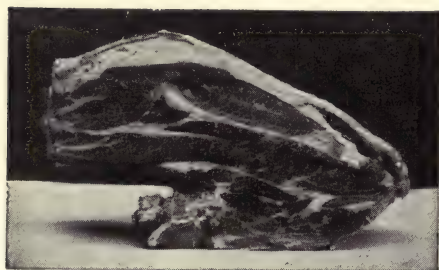


Fig. 4—Chuck-ribs, an economical large roast

ARE YOU FAMILIAR WITH THE DIFFERENT
CUTS OF MEAT? STUDY THESE
ILLUSTRATIONS

for instance, which are more highly flavored, and if properly cooked are just as satisfactory as the so-called choice cuts. The finer texture of the loin steaks, however, leads many people to believe that the difference in value is worth the difference in the purchasing price.

How to Choose Your Steaks

OF the "choice" steaks, the porterhouse is the tenderest and best flavored. This is the steak that is most satisfactory for planking and to use where many people are to be served from one steak. A porterhouse usually costs nineteen or twenty cents a pound.

For a small family the Delmonico steak is an excellent cut. The Delmonico is better known in some localities as "club" steak. Its price is usually about seventeen cents a pound.

The short cuts of sirloin are in great demand. They are less expensive than the porterhouse steaks, yet some of the cuts make very good steaks to use for a large family.

The cuts of the sirloin are designated according to the bones in the steak, as round-bone steak, flat-bone steak and hip-bone steak.

The hip-bone steak is one of the smaller cuts of sirloin. It adjoins the porterhouse and is useful for serving a small family. It has the largest fillet in the loin, but is seldom sold because it is ragged in appearance and has a large bone in the center, which makes it hard to serve.

The hip-bone steak has a "tail end," which detracts from its desirability in the eyes of many people.

Economical Way to Buy Steak

AN economical way to treat the hip-bone steak is to cut off the tail and broil the rest as a steak. This makes a good, fairly tender steak, and the tail can be ground up for Hamburger steak.

The choice cuts from the sirloin usually sell for twenty-seven cents a pound. The hip-bone steak usually costs about

Ignorance in Buying Means Extravagance

twenty-one cents a pound and the round-bone steak costs two or three cents more.

The round-bone steak weighs from one and one-half to three and one-half pounds. The hip-bone steak averages smaller and the flat-bone steak larger than this.

The other loin steaks are taken from the flank and the top sirloin.

The flank steaks, adjoining the Delmonico and porterhouse steaks, are not so tender nor so fine in fiber as either of these steaks.

The cuts taken from the inside of the flank make fairly tender steaks, however. The outside of the flank is used for soups and stews. Because the flank steaks are less tender they are fairly cheap, selling sometimes for as low as nine or ten cents.

Meat for soups or stews taken from the flank costs in the neighborhood of thirteen cents a pound.

The top sirloin produces a well-flavored steak, although not so tender as the porterhouse and sirloin. The first cuts are used for steaks, while the remainder of the piece makes good pot roast and beef à la mode.

Cuts from the top sirloin retail for about nineteen cents, the best cuts being two or three cents more.

An economical way to use the top sirloin is to buy the whole piece, cut off the portion to be used as a steak and utilize the rest for pot roast and stew. This makes the total cost lower than it would be if each piece were purchased separately.

The cuts from the round of beef include the rump, the bottom round and the leg.

The round, or bottom round as it is called to distinguish it from the whole round, is firm of texture and well-flavored. The first two cuts from the bottom round make good pot roast. They sell for twenty-two and twenty-four cents a pound.

The top round is very good material for beef à la mode, and the best beef

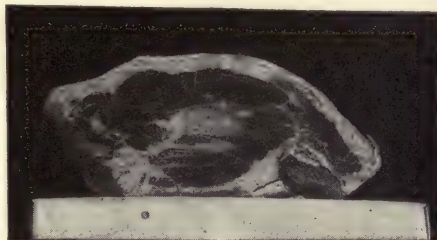


Fig. 11—Hip-bone sirloin steak

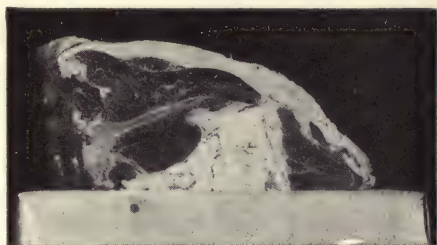


Fig. 12—The porterhouse nearest the hip-bone, containing greatest amount of fillet

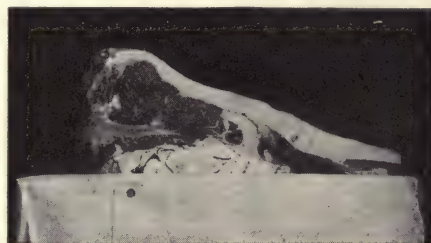


Fig. 13—Delmonico, incorrectly called club steak

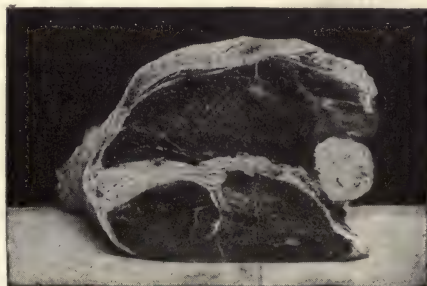


Fig. 14—Round steak

**HOW YOUR BUTCHER CUTS YOUR STEAKS AND
WHAT CAUSES THE DIFFERENT PRICES**

Illustrations by Courtesy of "The National Provisioner"

Knowledge in Shopping Means Economy

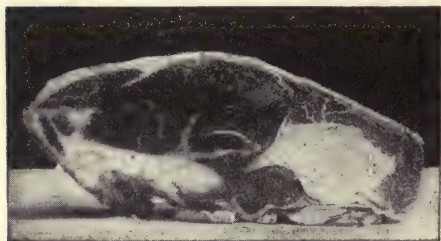


Fig. 5 - Round-bone sirloin steak



Fig. 10 - Flat- or double-bone sirloin steak

tea comes from this part of the beef. The top round also furnishes good steaks.

The best meat for beef tea usually costs twenty-four cents.

What to Buy for Soup Meat

THE horseshoe cut adjoins the leg. It is tough and coarse and fit only for use in soups and stews.

The rump is useful chiefly for corned beef, although it is sometimes used for pot roasts, as well. It is hard and dry and does not make a good oven roast. The rump prices range from fifteen to twenty cents.

The leg makes good soup meat, the meat and the bone being sold together for this purpose. A soup bone should cost about eight cents a pound.

The fore quarter divides itself into three parts, the ribs, the chuck and the plate.

What to Select for Oven Roasts

TO the ribs we go for our oven roasts. The first six ribs, known as the "prime" ribs of beef, make the tenderest, juiciest oven roasts. These are generally roasted just as they are, with the bone in, although not infrequently the bone is taken out and the meat is rolled.

The first cut of the prime ribs is the best place to go for a small roast. Such a roast retails at twenty-five cents a pound.

The second cut sells for twenty-two cents. It is a more economical roast to buy if one can use a fairly large roast, but the first cut is in greater demand.

The third cut is called the blade roast, because it contains the tip of the shoulder blade. It sells for eighteen cents a pound.

After the first rib-cut each cut becomes larger until we reach the fourth, which makes a large-sized roast containing part of the shoulder blade.

In the portion called the chuck are found the last four ribs, which are used for steaks, oven roasts and pot roasts.

The portion adjoining the last rib and extending forward to the neck is especially good to purchase for pot roasts. These can usually be bought for about eighteen cents a pound.

The ninth and tenth ribs are often boned and rolled to make excellent pot roasts. They are, of course, more expensive when so treated.

Uses of the Cheaper Cuts of Beef

THE chuck roast, cut from the chuck ribs, is one of the most economical of roasts. It can be boned and rolled, and makes a valuable and popular roast.

The inside of the chuck is best for this purpose, for this is the tenderest part. An inside, rolled, chuck roast is one of the most economical roasts the housewife can procure, a four-pound, rolled roast being worth as much as eight pounds of any other.

The chuck roast can be purchased for sixteen cents, or, if it is boned and rolled, from eighteen to twenty-three cents a pound.

Chuck steaks, cut from the last four ribs, are tasty, but not so tender as the

(Continued on page 88)

What Shall We Do With Our Girls

Home Problems

Excerpts from Address by DR. HANNA McK. LYONS

Third in Series: "Why Don't You Go Home"



WE have no object before us greater than home-making, and when we begin to put the two together, home-making and science, we wonder if they do really fit.

In the old days you went to a temperance meeting and you heard a great many things; but to-day you don't hear the same things; you hear the scientific side of the subject, and you stand aghast at the truths that are told you. Again, the mother sends her boy to college, and to the inquiring neighbor who asks after him, as she throws her head up a little and her shoulders straighten, she says:

"Yes, Thomas is having the scientific course at college."

Then in a few moments she turns to her kitchen, and the droop comes again to her shoulders and she goes about her work and says:

"It's drudgery for me. My boy may have science, but it's just drudgery at home."

Never for a moment does a woman realize that she has the greatest laboratory in the country in her own home, in her own kitchen.

Recently I heard an educator say that the greatest thing in this country is education, and then he went on to say that the schools were the most important, and so on.

Great as I believe our schools are, at the same time, ahead of that I would put the home and the home-makers of our country. You notice that I have not said the housekeepers. I believe that there is a great difference between the housekeeper and the home-maker, and yet the home-maker is always a good housekeeper.

I WELL remember, in my first days away from home, when I was out in the business world, I was boarding. The husband came into the kitchen and the dining-room, but he had to be careful how he sat down in the parlor. And the



Our Daughters Must Know How to Buy

young boy, just coming into his teens—how my heart has gone out again and again to that boy, who became a little wayward, yes, a little more than a little—he didn't dare come into the parlor.

I would not have my home-maker the kind of a housekeeper that James Whitcomb Riley tells us about, who believed that she was entirely right with her neatness and her overcarefulness, but—

Her husband found the old balky horse in the stable and the old cat better company than his wife.

I would not have our home-maker that kind of a housekeeper.

To-day home-making is becoming more complicated than it ever has been; it is a problem for our girls. In the great business world they have planned their systems of transportation until foods from all over the world are brought to our markets at home. And what is true of the foods is true also of the fabrics that we use for clothing. So I say home-making to-day is more complicated than it was in the old days, when from the farm and garden the table was supplied. It was an entirely different task to prepare them; it was entirely a different task to dress the family when the hand-loom furnished all the clothing for the home and the styles of this year were the styles of next year.

But to-day, with the numerous fabrics coming, our home dressmaker has to determine which is best for her family. Even the house that is fit for the city is not the house for the farm, so the clothing that is worn in the cities is not the clothing for the country.

The other day a friend was talking to me, telling me of a Vassar graduate who had come into our county.

"But do you know what she is doing? She's a pastor's wife; she has a large class of girls in her school, a school gathered up from a country district; she not only teaches them the lesson on Sunday morning, but she is teaching those girls how to dress, teaching them the

proper thing to wear and the proper way to wear it."

Teach the Girls to Buy

THIS is what our girls need to know—how to go into the market and choose your foods, choose the thing that is suitable for your family, so that you will have your meal well balanced, so that you have nutritious food, at the same time that you have a variety, and so that it is pleasing in appearance—because they tell us that the pleasing part is an appetizer.

When our housewife undertakes to plan her meal does she realize that then her science is coming into play? I have thought sometimes when we serve our meat and potatoes together, and when we look back and realize that our grandmothers served the same things together (and when we know that meat alone does not give the proper food value and that potatoes alone do not give the proper food value, but that we combine them and nearly always serve them together), I think there must have been a blind instinct even in the early days. But to-day our scientific housekeeper knows why she serves them together.

I believe if our girls could be taught to know a little of the why and wherefore of these things, why they serve such and such things together, why they cook them so and so, why boiling water goes on a cereal or why cold water goes on something else, we would find that more of our girls would stay at home and be home-makers.

When our housekeeper understands that she applies heat to this because she is going to get more food value and more nutrition out of it, that she applies cold to something else because she will make it more appetizing and gain a greater food value, then I believe will she begin to learn the value of herself and her work and not feel the drudgery.

We are helping the women of our country find themselves. We know to-



Woman's Masterpiece Is the Home

day that the wife is the money-maker just as much as the husband is the money-maker.

If she doesn't plow the field and harvest the crop, she produces the meal that brings efficiency, and she saves the money in the home. When she prepares a meal that gives nutrition, that gives working power when the husband goes out to his work, and gives him the strength and the ability to do his work, makes his brain clear and his nerves quiet, because his dinner is digested properly, that man is better prepared for his work, better able to cope with the business world.

So I want to ask you if the well prepared meal is not a financial asset in the home.

When our purses are so light, if she knows how to substitute when eggs and meat and various things in the market are at the very highest price, if she knows the things to substitute and yet keep up nutrition, yet keep up the balance that she needs on her table, when she knows how to cook the cheaper cuts of meat and make them just as nutritious and palatable as a porterhouse steak—*is that not a financial asset?*

Home-Making a Science

I SAID that our home-making is becoming more complicated, and if it is becoming more complicated, of course, our housewives need more knowledge. But you say the housewife is at the age when she cannot go to school. No, but her daughters may.

If you have a daughter, let her have domestic science training. Give her the scientific course in home-making.

Domestic science does not mean just cooking. Let us get away from that. Why not give her a course in scientific home-making? You give her a course in music; she must have that.

You say: "Yes, but I can teach her all the home-making she needs at home. I can cook a meal fit for my people to

eat, fit for any one to eat, and can teach her to do it."

But I am afraid that many times you teach her the drudgery side of it, and not the side that gives the uplift. And then, as I said, the work is becoming more complicated; there are all these foods, there are all the dress fabrics coming into our country, and these are to be worked among and thought among until we find the very best for our conditions.

Our home-maker needs to learn to value herself.

How to Launch a Home

THE day is almost past when the home-maker is going to be pushed into the background. So frequently we have seen it, both with the husband and the growing children, how the mother would be pushed back and pushed back and pushed back—not their fault, but her own fault, too often, because she permitted it. She simply kept things going smooth and comfortable and never for once brought herself to the front. But that day is almost past, and she must learn to value herself if she is going to be the home-maker.

I like to think of a home as being launched. When we launch our ships we make a great deal of talk about it and we christen them and name them and send them off over the waters. When we launch a home, how much more important it is that we should christen that home, that we should name it, that we should have our captain well instructed in making that home, in the duties that are before her. Then her effort, her work, is going to return some day; just as the ship goes off over the waters, so our home-makers and the work of the home go off over the sea of life, and after a time they are coming back into port, and I wonder what the cargo is they'll bring?

When I think of this there comes to my mind the story that is told of the

(Continued on page 94)



MRS. NATHANIEL B. SPALDING—President of Schenectady (New York) Housewives League

Housewives Co-operate with Merchants

By Mrs. NATHANIEL B. SPALDING



T would be hard to estimate the value of such an organization as the Housewives League, for it awakens the individual to the active point of more worthy interests than any other kind of an organization. Through it the housewife has come to know herself, her true worth to her family and the many possibilities she holds in her hands.

This general awakening of the housewives is followed by the approval of the general business men throughout the city. Every merchant we have approached in Schenectady has shown his willingness to coöperate with the League.

Schenectady is already blessed with a splendid Health Department, glad of the opportunity of our help. Our food and milk inspectors have done wonders for our city in cleaning up or shutting up various places of business about town. At present, under the direction of our milk inspector, Mr. Ed. Casey, the Schenectady housewife is able to observe the old and the new way of delivering milk from the farm to the consumer, and thus observe the results of Mr. Casey's vigorous campaign for the best milk for Schenectady.

Our immediate work is to investigate all places carrying cooked foods, delicatessens, etc., and see that all goods not further cooked are kept from flies, dirt and the breath of throngs passing by the counters. We, as a League, have more complaints against this one condition of uncovered foods than any other. We have two applications for endorsement, a fish market and one of our general markets. This will mean better health and better business for those who are trying to live up to the proper standards of sanitation, etc.

We have had several demonstrations of value to our members and each have brought new members. In June, Miss Birdseye, of Cornell, gave a cold pack demonstration of vegetables and fruits. We have had one meeting with the State Weights and Measures representative, and at our last meeting we were given a complimentary beef cutting demonstra-

tion by one of our most careful and progressive market men, Mr. George W. Lamberton. A side of beef was used and Mr. Lamberton brought an expert cutter. Each cut was displayed and the price and use given by Mr. Lamberton, while one of our domestic science teachers gave the proper method of cooking. Many expressions of commendation have come to me since this lecture and we are deeply appreciative of Mr. Lamberton's good work for the housewife. We are anticipating two other demonstrations of this kind. We are hoping to work for a housewives' market, a public laundry and permanent headquarters, which we may share with all the women of our city.

We have found a number of places where food products can be bought to much better advantage than was generally known before the League was active.

At our next meeting we are to have Miss Anna McGee, local representative of the Federal Bureau of Child Welfare, an authority on health and sanitation not to be surpassed by many. I feel that her talk on child welfare work and the public health will be of great value to our members.

Our Mayor, Dr. George R. Lunn, and our city departments are in sympathy with just such work as our League is doing. Our Mayor is a man of excellent worth, brilliant and ever ready to help any worthy object, for his interests are with the people and for the people we are working.

The League can mean everything to the city of Schenectady in the future. It will mean cheaper foods of the best value, the best sanitary conditions of our stores, more careful and wiser housewives, more prosperous merchants, happier and healthier families. When one woman can hold the threads of 800,000 kitchens without a tangle, we must feel that a movement such as the Housewives League is one to reckon with and its lasting influence on the homes of Americans can hardly be estimated.

Organizer for Housewives League in Mississippi



MRS. BESSIE STREET COBURN
Housewives League in Mississippi

THE appointment of an organizer for the Housewives League in Mississippi was made too late in the spring of 1915 for the League to become effective as a separate organization during this year. However, the work outlined is being cared for in City Federation work.

Home sanitation, meat and milk inspection, clean dairies, screened groceries and markets, clean city streets, and the beautification of vacant lots and open spaces in streets and alleys is a part of the work undertaken by the Home Economics Department of our City Federations.

Through this department, in coöperation with the State Farm Demonstration Department, there have also been established Canning Clubs in many counties, Poultry and Pig Clubs and direct marketing of products from the producer to the consumer.

No work ever undertaken has been of more value to the cities and towns in which this Home Economics work is in operation.

In nearly every locality where now established there is contemplated its enlargement, and the club women are very hopeful of gaining the interest and coöperation of all those not now associated with federation work.

The successful carrying forward of this branch of work means more to the development of the Southern States than can ever be estimated in dollars and cents.

The business of homemaking and housekeeping is being taught and a growing interest shown in the state's remotest corners. The possibilities for growth are unlimited and the necessity evident to every thoughtful citizen.

EXPRESSES ADMIRATION FOR HOUSEWIVES MAGAZINE

AS a member of the Housewives League I feel it both a pleasure and an obligation to express the admiration which the December and January issues of our magazine must call forth from everyone who reads them. Not only is the subject matter of keenest interest, but the mechanical make-up of the magazine, with its dignity and forceful psy-

chological appeal, is a high tribute to the efficiency which has made such achievement possible.

I am sure that each one of us realizes the significance of this national organ in relation to the welfare of American housewives, and values it accordingly.

Sincerely yours,
MISS ALICE MACKINNON HOLT.

STORY-TELLERS CLUB

WINTER EVENINGS AT HOME

The Story of Sanitation and Public Health

MY story is not the most interesting in the world," said the man near the door at the Story-teller's Club, "but it is one of the most important—your lives depend on it!"

The speaker was about forty years of age and had the appearance of a professional man.

"I am a sanitary engineer," he said. "It is my business to fight disease, epidemics, plagues—to drive them out of their dark hiding-places and destroy them before they destroy us. It is a long, hard battle, but we are winning it step by step.

"Can you remember," he asked, "the days when smallpox ravaged our cities and towns? Then there were great scourges of fevers that fell on our bones like wolves and devoured us. Our communities were always in danger. We never knew when the next pest was to attack us."

Beginning of the Board of Health

"THOSE days," he said emphatically, "have gone forever. The enemies have been driven from our

doors. They now appear only occasionally, and seldom as a devouring epidemic. The individual cases are isolated. And the force back of this notable victory is the great army of engineers, and the boards of health that to-day stand guard over our cities and towns.

"This story of sanitation, as I have warned you, is not wholly pleasant, but it is chivalrous. It deals with the environment of civilized man, the air he breathes, the water he drinks, the ventilation of his dwelling, the disposal of waste materials. Uncivilized man, living in natural surroundings, knows little or nothing of this science. It is a product of city life, and nowhere is it in greater requirement than in the crowded cities of America.

"It is not exactly a new idea, for even back in antiquity there were regulations as to sewage disposal and quarantine. But the science, as it is known to us, is considerably less than a hundred years old.

"We realize to-day that we must keep posted on this subject of public hygiene. Nowadays the Board of Health is an important feature of every city. Yet the



Great Work Being Done in American Cities

first State Board of Health was not established until the year 1855. Louisiana has the honor of having led the way, but this institution was then more a project for the enforcement of quarantine. Massachusetts followed as late as the year 1869, and California in 1870."

Science of Public Hygiene To-day

"**S**TRANGE to believe, the great State of New York did not establish a State Board of Health until 1880. It then began to realize that a gigantic metropolis could not long exist without defending itself against disease. It then began to fortify itself as it would against an invading army. To-day it is bulwarked by an immense organization under command of a commissioner, secretary, chief clerk, medical expert, pathologist and bacteriologist, director of the Bureau of Chemistry, director of the Cancer Laboratory, registrar of vital statistics, consulting ophthalmologist, and consulting engineer.

"The first secret of public health," exclaimed the sanitary engineer, "is pure water. Without that no city can exist. Impure water will wipe a community off the face of the earth as surely, if not as quickly, as an earthquake. To-day impure water is transformed into crystal, pure water by the wonderful process known as slow sand filtration.

"The first United States city to build a sand filtration plant was Poughkeepsie, in 1870. Another was built at Hudson, New York, soon afterward, and no further progress was made until 1889, when the city of Albany adopted this method. One was built for the national capital at Washington, with a filtering capacity of 125,000,000 gallons of water daily, in 1905, and Philadelphia soon afterward commenced the construction of one having a daily filtration capacity of 300,000,000 gallons."

Origin of Our Sewer Systems

"**T**HE second of the great secrets of public health," remarked the engineer, "is the proper disposal of sewage.

This has not yet become a fine art. Sewers were known in ancient Rome. Paris had a sewerage system as early as the year 1536, but even in 1893 very few houses had sewerage connections. In the year 1847, the houses of London were forced, by Act of Parliament, to have connection with drains.

"Boston was provided with drains in the year 1701. Since 1848 the houses have been universally connected. Every American city of importance has since erected its own great sewage systems.

"In the small American towns sewers are still far from universal. The disposal of refuse is not such a serious problem in country places. It is only when a population becomes concentrated that the subject becomes vital. The small villages use the rivers, which generally purify themselves by the action of sunlight and the filtration through sand and gravel before the water reaches the next settlement. American cities situated on tidal waters remove their waste matter to sea in barges and cast it overboard at a safe distance from land. Experiments show that the action of the ocean effectively destroys the elements of putrefaction after a very short space of time.

Incineration—The Modern Method

"**T**HE latest solution for this great problem," continued the sanitary expert, "is incineration—a method for the complete destruction of sewage in a garbage furnace, having a temperature of 2,000 degrees Fahrenheit for its complete combustion. One of the best plants of this character is at San Francisco, where a private company has a crematory capable of burning 600 tons of waste material daily. Large refuse destructors, as these furnaces are also called, were begun in 1901 by Milwaukee and Minneapolis. Many other cities have since adopted the 'cremation' process.

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Our Domestic Science Course

Lecture at National Headquarters

By MISS M. L. CARR

Graduate of Drexel Institute



FRYING is a term that is often loosely used to cover all methods of cooking in fat, and there is a consequent confusion in many minds as to the distinction between frying and sautéing.

If the term "frying" is correctly used it refers to the process of cooking by immersing in deep, hot fat. The term "sauté," on the other hand, is applied to foods which are cooked in a shallow frypan, slowly and with the smallest possible amount of fat.

It can readily be seen that, of these two methods of cooking, the deep fat method is the more healthful. The reason why many fried foods are found to be indigestible is because the fat used in frying penetrates the food, forming a coating of fat around it which prevents its being reached by the digestive juices until the surrounding fat has been digested.

Have Fat Very Hot When Frying

IF the food to be fried is dropped into a kettleful of hot fat it is quickly encrusted over its entire surface and the fat is prevented from penetrating into the center. The inside is thus allowed to heat through without danger of becoming soaked with grease.

When food is sautéed the temperature is never hot enough to form a fat-proof covering on the outside, as in fried food, and it is apt to become fat-soaked before it is heated through, which renders it less digestible.

Two kinds of foods are commonly cooked in deep fat—those which have been previously cooked and need merely to be heated through, and those which are raw and need to remain in the fat long enough to become cooked. To the first class belong croquettes, fish balls, etc., and to the second, doughnuts,

French fried potatoes and foods cooked in batters, such as fritters.

One should always use clean fat for deep frying. If it is not new and fresh it should be clarified and strained before being used again.

How to Clarify Old Fat

THE easiest way to prepare old fat for frying is to pour a cupful of boiling water into it while it is cold. The fat will rise to the top in a cake and the impurities will be found on the bottom of the cake and can be easily removed.

Another method of clarifying is to cut a potato in small pieces, drop them into the fat and bring the fat slowly to a boil. The impurities will cling to the potato and can be removed with it. The potato will also absorb any odors present in the fat. Strain the fat and it will then be clean and ready for use.

Before dropping anything into hot fat the temperature should be tested by dropping into the fat an inch cube of bread. If the bread browns in forty seconds it is right for foods which have been previously cooked. For raw foods the fat should not be so hot and it should take sixty seconds for the bread to brown.

All fried foods should be drained on brown paper to absorb the fat. Line a colander with brown paper and set as near to the frying kettle as possible so that the hot food can be drained immediately upon removing from the fat. The grease will then be absorbed before it has a chance to make the food soggy.

Good Way to Make Fritters

FRITTERS need rather slow cooking because they contain uncooked foods. The forty-second test, mentioned above, will give the right temperature for



Recipes for Frying—To Make Fritters

most fritters. The temperature can be increased after the fritters are about half cooked.

Any expedient that will make the fritters cook more quickly will help make them more digestible. In making fruit fritters, for instance, if the fruit is cut into small pieces before being added to the batter it will cook more quickly and hence run less risk of becoming grease-soaked.

RECIPE FOR APPLE FRITTERS

- 1 cup flour
- 1½ teaspoons baking powder
- 3 tablespoons powdered sugar
- ¼ teaspoon salt
- 1 egg
- ½ cup milk
- 2 medium sized sour apples

Chop the apples. Mix the dry ingredients. Stir in the egg and add the chopped apple. Mix thoroughly and drop by tablespoonfuls into hot fat. Drain and serve hot with any of the following sauces:

RECIPE FOR STERLING SAUCE

- ½ cup butter
- 1 cup brown sugar
- 4 tablespoons cream or milk
- 1 teaspoon vanilla, or 2 tablespoons wine

Cream the butter and sugar and add flavoring.

RECIPE FOR LEMON SAUCE

- ½ cup sugar
- 1 cup boiling water
- 1 tablespoon cornstarch, or 1½ tablespoons flour
- 2 tablespoons butter
- 1½ teaspoons lemon juice
- ⅛ teaspoon salt
- ⅛ teaspoon nutmeg

Mix the sugar and flour and add boiling water very slowly. Boil together for five minutes, add remaining ingredients and let stand in double boiler until ready to serve.

BANANA FRITTERS

- 3 bananas
- 1 cup flour
- 2 teaspoons baking powder
- 1 tablespoon powdered sugar
- ¼ teaspoon salt
- ¼ cup milk
- 1 egg
- 1 tablespoon lemon juice

Mash the bananas through a sieve. Mix and sift the dry ingredients. Add egg and milk. Then stir in the banana pulp and add the lemon juice. Stir well and drop by tablespoonfuls into hot fat.

MISS CARR'S LESSONS IN QUICK BREAD MIXTURES



QUICK bread mixtures, made with baking powder or soda and sour milk, are often called "emergency breads," for they are the salvation of the housewife in sudden emergencies—such as the unexpected appearance of guests for tea. Under the term "emergency breads" are included griddle cakes, waffles, muffins, gems and similar mixtures that are quickly prepared and do not require long baking.

In every bread mixture there are four main ingredients: flour, a leavening agent, salt and liquid. By adding to these four ingredients various accessories, such as sugar, shortening, fruits and nuts, the housewife is enabled to make almost any kind of bread she wishes.

If she has once learned the proportions of the main ingredients in a bread mixture she can create any number of new recipes by varying the amounts used and by adding other flavors.

Learn to Make Good Dough and Batter

BREAD mixtures can be roughly grouped into batters and doughs, and these can be further divided into thin and thick batters and soft and stiff doughs. If we know the proportions that will make a good batter or dough we can judge whether or not a given recipe is correct and whether it will work out to advantage to make the sort of mixture we wish.

A thin batter should not contain more than one cup of flour to each cup of



Household Suggestions for Our League

liquid. More flour than this prevents the batter from being as tender and light as it should be.

When enough flour has been added to the mixture to make the proportion two cups of flour to one cup of liquid a thick batter results. Gems, muffins and cake are made from thick batter.

When three times as much flour as liquid is used the mixture becomes a soft dough.

The addition of more flour than this makes a stiff dough. Pie dough and raised bread belong to this class and hardly come under the head, "emergency mixtures," as they are not so quickly made.

In calculating the proportions of liquid and flour in a recipe it must not be forgotten that butter and eggs are to be included among the liquids. The average egg contains about one scant tablespoonful of liquid.

For ready reference the proportions in batters and doughs may be arranged in the form of a table, as follows:

Batters

Thin—1 cup liquid to 1 cup flour
Thick—1 cup liquid to 2 cups flour

Doughs

Soft—1 cup liquid to 3 cups flour
Stiff—1 cup liquid to 4 cups flour

The rule is to use from one and one-half to two level teaspoonfuls of baking powder and one-fourth teaspoonful of salt to each cupful of flour. The amount of liquid is of course varied according to whether a batter or a dough is desired.

The leavening agents used to make batters and doughs light can be any one of several different kinds. Sometimes the leavener consists merely of air which is enclosed in the mixture by means of stiffly beaten eggs or by beating the batter for a long time. The air, on being heated, expands and makes the mixture light. Angel cake and popovers are examples in which air is the sole leavener.

Yeast is always the leavener in raised breads. The yeast starts a fermentation in the bread which sets free a gas and it is this gas which, when heated, rises and makes the bread light.

Baking powder is the most commonly used of all leavening agents and has almost entirely taken the place of soda and cream of tartar. It is composed of two main ingredients, soda and an acid. On being moistened, these two substances unite to form another product and during the process a gas is set free. This is the same gas as that given off in the fermentation of yeast and is used to make mixtures light in exactly the same manner as the gas in the yeast bread.

Baking powder, being scientifically prepared, is a more accurate means of making mixtures light than any other and is being increasingly used for that reason.

In some minds there is a prejudice against its use because it is felt that the residue deposited as a result of the reaction of the soda and acid is harmful. If baking powder mixtures are properly prepared and cooked they are not indigestible for adults, but they should not be given to children under ten years of age. If eaten with the meals and in moderation, quick breads are not in the least harmful to the healthy adult.

In support of this statement, one need only point to the healthy race of people in the South who live to a great extent on quick breads. In fact, it is hardly possible to go into a Southern home without finding quick breads being served for breakfast.

How to Mix Batters and Doughs

THE method of mixing all doughs and batters is the same. First, sift the flour, then mix with it all the dry ingredients and sift again. Add the egg, liquid and melted shortening. Beat batters with an eggbeater until bubbles begin to appear all over the surface.

This method of mixing holds good for cake as well as for bread mixtures, al-



Recipes for Griddle Cakes and Muffins

though, in cake, usually the shortening and sugar are thoroughly mixed before the other ingredients are added to make the mixture fine-grained.

Flour is best measured after it has been sifted. Some people are in the habit of shaking down a cup of flour after it has been sifted. This counteracts sifting of the flour, for the sifting is partly to get air mixed with the flour and the shaking lets the air out.

This fact can be proved by measuring a cupful of flour before and after it has been sifted. It will be found that the cup holds four tablespoonfuls less of flour than before the flour was sifted. In other words, one cup of sifted flour measures four tablespoons less than the same cup, unsifted.

If the eggs are separated before they are added, the batter is lighter and more delicate. Eggs are usually separated for waffles and fancy griddle cakes but not for muffins and gems. To most people it hardly seems worth while to separate the eggs for a bread mixture. Quick breads must be made quickly, or where is their virtue?

For greasing the tins use **anything but** butter, as butter burns more quickly than any other kind of fat. Drippings are very good for greasing baking tins.

How to Make Good Griddle Cakes

GRIDDLE cakes are sometimes unjustly abused because of their supposed indigestibility. They need not be indigestible, however. If they are cooked properly, so that they are light, are not grease-soaked and are so thin that the flour has had a chance to cook thoroughly, they are not harmful.

The baking of griddle cakes is important. The griddle must be so hot that bubbles begin to appear on the upper side of the cakes immediately. When the surface is full of little bubbles, turn the cakes over and let the other side cook. Turn the cakes but once. The more they are turned the heavier they become, and if one is not careful the

cakes are apt to be stiff and indigestible.

French griddle cakes are an attractive and popular luncheon dessert. They are baked in thin cakes about the size of a small dinner plate and are then spread with jelly and rolled and dusted with powdered sugar.

Left-over griddle cakes need not be thrown away. They can be used to help out next day's batch of cakes by chopping them fine and mixing them with the fresh cake batter to which they make a tasty addition.

RELIABLE RECIPE FOR GRIDDLE CAKES

- 3 cups white flour
- 4 teaspoons baking powder
- 1 teaspoon salt
- $\frac{1}{4}$ cup sugar
- 2 cups milk
- 1 egg
- 2 tablespoons melted butter

Follow general directions given above for mixing batters.

Muffins Good Substitute for Bread

MUFFINS can be made a very economical form of bread because they are good when made with only one egg. The addition of another egg will make the mixture lighter and of richer flavor, but it is not at all necessary.

RECIPE FOR MUFFINS

- 2 cups flour
- 4 teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt
- 2 tablespoons sugar
- 1 egg
- 1 cup milk
- 2 tablespoons melted butter

Follow general directions for mixing batters. Bake the muffins in greased muffin tins ten or twelve minutes in a hot oven. This mixture makes twelve muffins.

To test the oven for muffins, put a bit of paper on the shelf in the oven. If it browns in one minute and sixteen seconds, the heat is right.

Muffins make a delicious addition to afternoon tea when they are split, toasted on two sides and served with jelly or cream cheese.



News from Courts and Legislatures



HE trading stamp appears to be on trial for its life. During the past year laws against it have either been passed or introduced in sixteen states, while a number of such laws had previously been passed. The interests behind the stamp evidently intend, however, to fight to the last ditch.

As soon as any antagonistic legislation is passed they promptly challenge its constitutionality, and have usually been successful, heretofore, in attaining their end.

The Washington law, passed two years ago, is now before the Supreme Court of the United States, and the decision, on which much depends, is shortly expected. The law was held to be unconstitutional by the state courts.

The Oregon, Indiana and Utah laws were thrown out in the same manner, and in West Virginia the courts held that the sending of trading stamps from New York to West Virginia by mail was interstate commerce, and that no state could place a tax upon it. In Florida, a law imposing a tax on all merchants using premium advertising has been repealed.

The Louisiana courts, on the contrary, have twice declared the Trading Stamp Law of that state, imposing a tax of \$5,000 a year on companies engaged in this business, to be valid. The second decision in the matter has just been

handed down by the Supreme Court, and the State Tax Attorney announces that he intends to go after everything in the shape of a premium.

Following the decision, the Southern Mercantile Exchange, handling the Hamilton Coupons, closed its office in New Orleans, and announced that all holders of coupons could get them redeemed at the New York office.

It is expected that the case will be carried to the Supreme Court of the United States, but the abandonment of the field in New Orleans has been taken as an indication that action favorable to the trading-stamp interests is not anticipated.

Michigan, like Washington, has a Trading Stamp Law before the Federal Supreme Court, but the Retail Dealers and Grocers Association of Grand Rapids have decided to take matters into their own hands without waiting for the decision. They have enlisted the aid of the newspapers, and are trying to show consumers that in the long run the price of the trading stamp is added to the price of their purchases.

The American Fair Trade League has appointed a committee to investigate the trading-stamp and coupon question, with Dr. Lee Galloway, Professor of Commerce and Industry at New York University, as chairman. A list of questions, phrased in such a way as to bring out



Fair Trade League to Investigate Trading Stamps

every aspect of the question, pro and con, has been sent out to a large number of retailers, and the replies will undoubtedly make a valuable contribution toward the solution of the problem.

The trading stamp is believed to have originated in the United States about 1895. It was introduced into Canada five years later, but promptly suppressed by a Dominion Law enacted in 1905.

CONGRESS CONSIDERS QUESTION OF BEEF EXPORT

ACCORDING to Congressman Britten of Illinois, who has just reintroduced into Congress the bill which he presented in 1913 to prohibit the shipment of the carcasses of calves under two years of age in interstate commerce, beefsteak, within the next five years, will reach the price of golden pheasant, terrapin and jumbo squabs, unless some such measure as the one that he has suggested is enacted.

Congressman Britten believes that the present enormous exports of meat will not cease with the close of the war, but will, in fact, be doubled, since that event will find the Teutonic powers with greatly depleted stocks of cattle, while both belligerent and neutral countries will be permitted that free use of the seas which is now denied to them.

During the first nine months of 1915

we exported sixty-one million pounds of canned beef, two hundred and eight million pounds of fresh beef, three hundred and sixty-nine million pounds of bacon, two hundred and ten million pounds of hams and shoulders, three hundred and forty-five million pounds of lard, the total shipments being ten to twenty times that of the corresponding period last year. It also included fifty-three million pounds of imported beef, which we would otherwise have retained for our own use.

As ninety per cent. of this amount went to Great Britain and France, it seems reasonable to suppose that the opening up of the markets now practically closed would do much to compensate for the cessation of the demand from the armies of the Entente Allies, even if it does not, as Mr. Britten predicts, double the present exports.

DEPARTMENT OF AGRICULTURE AND FRUIT PROBLEM

THAT an orange could be artificially colored is something that would probably never occur to any one who had not been initiated into the mysteries of food frauds. Nevertheless, it appears to be a common practice to so treat oranges and grapefruit that the skins assume the appearance of ripeness while they are green inside.

This is done by holding the green fruit for several days in a warm, moist atmosphere or by shipping it in sealed cars, the process being known as "sweating." Sweating makes it possible not only to market the fruit earlier, but to hold it longer in market.

It also deprives us practically of one of our most delicious and wholesome fruits, for the immature orange is both flavorless and unwholesome. Yet on the containers of some supposedly good brands one may read the legend: "Color of this fruit accelerated by sweating."

The Department of Agriculture declares oranges and grapefruit colored by sweating to be artificially colored, and has established tests for determining the maturity of such fruit.

The growers lately asked for a modification of these tests, which they consider to be arbitrary, and for the present season they have been suspended as re-



Housewives Refuse to Buy Flavorless Oranges

guards California oranges, while the same concession will probably be made to Florida.

The Department announces, however, that it will prevent the interstate shipment of oranges which can be shown to have been "sweated."

The standard proposed by the Department required that the juice of an orange should contain eight parts of soluble solids to one of citric acid, and, as oranges sometimes contain twice this

amount of soluble solids, the standard does not seem unreasonable.

The growers are confident, however, that it will ultimately be revoked. It therefore behooves the housewife to take matters in her own hands and refuse to buy flavorless oranges. If it is made sufficiently plain to the growers that such a product is unprofitable, they will, no doubt, allow their oranges to ripen properly on the trees.

OYSTER GROWERS ATTACK WATER-SOAKED METHOD

TO sell water at the price of oysters seems a very clever, if somewhat unscrupulous, thing to do; but the fondness of the oyster for drink makes the trick very simple, and only a person who knows how much water an oyster ought normally to contain, and who takes the trouble to weigh his purchase and compare the water content with the normal figure, can detect the imposition.

The Department of Agriculture finds that the practice of making oysters drink before offering them for sale is quite common, and it announces that prosecutions will shortly result from the evidence it has collected.

Both shucked and shell oysters are subjected to this process, which not only increases their size, but improves their appearance, making them plump and succulent. By means of it, a medium-

sized oyster can be made in a few hours to look like a "select," while four quarts of shucked oysters can be made to assume the dimensions of five.

It takes fresh water to accomplish these miracles, or water only slightly salty. They will not absorb any appreciable amount of water from being left in it long enough for cleansing purposes.

The better element of oyster dealers are anxious to have this practice stopped, as it places them at a disadvantage, and also tends to check consumption, as the water-soaked oyster is inferior in flavor.

The Oyster Growers and Dealers Association of North America is coöperating with the Department of Agriculture in its efforts to keep such oysters out of interstate commerce, and State officials are endeavoring to stop the practice.

MARKING WEIGHT AND MEASURE ON PACKAGES

A MODIFICATION of the regulations for marking the weight or measure of the contents of food packages, which seems likely to make for greater clearness, has just been announced by the Department of Agriculture.

Formerly a package containing half a gallon had to be marked two quarts, while a half-pound package had to be labeled eight ounces. Now such pack-

ages may be marked half a gallon and half a pound whenever such marking is in accordance with trade custom. The housewife will probably prefer the new ruling.

The decision also permits the use of the metric system when that is preferred and is in accordance with trade custom. The decision, in short, permits the use of terms with which the people are familiar and which they understand.



START AN OUTDOOR GYMNASIUM IN YOUR HOME TOWN THIS SPRING—Courtesy "The American City"

Grocers Co-operate in Clean Flour Campaign

PROGRESS" is the keynote of our Campaign for Clean Flour, and each and every day brings us encouragement for all places where our work is being done to secure better food conditions. The effects of our Campaign for Clean Flour have been far-reaching, until now our work along these lines is known all over the country.

A year ago, in or near New York, a window display of any of the well-known brands of flour in paper sacks was a matter to call forth comment among that grocer's customers.

Today, the store that isn't handling at least part of its flour in sanitary sacks is considered worth following up and inquiries made as to the reason for such a condition, and a remedy found for it.

Usually, bringing the Campaign to the grocer's attention again, is all that is needed.

Now, it is only a question of concerted action on the part of the "Housewives" in buying flour in sanitary sacks and those alone, when the old style porous cloth sack will be a thing of the past and in its place the sanitary bag or a paper-lined bag will be universally used as a flour container.

In the near future we shall publish a list of the grocers of New York who are at present handling flour in non-porous paper bags, and when such a list is made known, it is the duty of League members to patronize the people who are coöperating with us in our work.

We have accomplished a great deal along the lines of betterment of food conditions and we are glad, but we are not satisfied.

Our goal in the Clean Flour Campaign is in sight, but not yet reached, and until it is, "Progress" must be our slogan.

The Junior Housewife



How to Make Delicious Waffles

The girls who attend the Junior Class at National Headquarters claim they have learned the secret of success in cooking. They sum it up in two words—accurate measurements.

QUR grandmothers used to make many good things, but they did not leave much behind them in the shape of reliable, accurate recipes.

They knew how to make good things, but could not tell how they did it, and the only way a girl could learn to make the things “mother used to make” was to watch her and then go and try to do likewise.

Now all that is changed, and even the youngest children can learn to make all sorts of goodies by learning how to follow a recipe exactly.

In fact, teachers of cooking say that sometimes the children can cook better than their elders because they have learned how to follow a recipe, and are not so prone to trust to their memory as the grown-ups.

The children in the Junior class attribute their success in cooking to their habit of careful measuring. They can go home and make the same things they made in class just as well as when the teacher was standing over them—if they follow the recipe.

The girls proved this to their own satisfaction during the holidays. Some of them made their own pies for the Thanksgiving and Christmas dinner, and most of them made Christmas candies

which they had learned to make at National Headquarters.

One little girl, however, came with a sorry tale to tell—and it proved how necessary it is to follow the recipe. She had always been very successful in class with whatever she had undertaken to make, and she had always taken pains to measure very carefully.

But when this little girl came to class after the holidays she said she could not understand why her fudge had not been good. She was sure she had made it exactly as she had done in class.

When she was asked to tell just what she had done, she said, “Well, come to think of it, I couldn’t find my recipe, so I tried to remember it.”

On being questioned further, she disclosed the fact that she had added one cupful of cocoa to the fudge, while the recipe called for only six level table-spoons.

On being told of her mistake, she did not wonder that her “luck” had deserted her.

One Way to Entertain Your Visitors

ON the day when the Juniors made waffles at National Headquarters their ranks were swelled by the presence of a group of Campfire girls, who came in from a neighboring town to visit the Junior League.

The Campfire girls made one batch of waffles and the Junior League girls another, and it was hard to tell, when they were done, which were the more tempting and delicious.



What the Junior Housewives Are Doing

A Recipe for Waffles

- 1¾ cups flour.
- 3 teaspoons baking powder.
- ½ teaspoon salt.
- 2 eggs.
- 1 cup milk.
- 1 tablespoon melted butter.

Sift the flour, salt and baking powder together, add the yolks of the eggs and the melted butter to the milk and stir this gradually into the flour.

Whip the whites of the eggs stiff and fold them into the mixture.

Pour some of the batter into a greased waffle iron, cover immediately, turn and bake for thirty seconds. Then turn the iron quickly, bake for thirty seconds and turn once more. Serve hot with syrup.

It is well to start heating the waffle

iron when you begin mixing the waffles. It will then be hot by the time you are ready to use it and the batter will not have to stand while waiting for the iron to heat.

The iron need be greased only for the first waffle. After the first waffles are baked the mixture will not stick if the iron is not greased.

Pour about three tablespoons of the waffle mixture into the center of the iron. Do not attempt to spread the mixture. It will spread itself over the entire surface.

If the waffles are not browned when the iron has been turned the second time, the heat is not just right. After one or two waffles have been baked you will be able to regulate the heat so that they brown in the time specified.

ADVICE ON HOW TO KEEP YOURSELF YOUNG

(Continued from page 50)

The value of keeping the pores open and unclogged so that they may perspire freely is shown by an experiment on the frog. It has been found that if a frog is coated all over, so that the pores are closed, it soon dies.

The "second lungs" are thus seen to be a very important part of the body. We breathe through the skin just as surely as we breathe through the lungs.

Many people do not realize this important fact and hence do not take pains to keep the breathing apparatus of the skin in good condition. Many of the ills from which people suffer are brought

about from this very reason—and the remedy lies in the regular, daily bath.

It is a mistake to fix a man's age by the number of years he has lived. A man who, by reckless living and ignorant abuse of his body uses up his strength, is as old at forty-five as another man who, by careful living and observance of hygienic rules, keeps himself in good condition, is at seventy.

The essential points in good living are these: a full and constant supply of oxygen; well cooked, plain, substantial food; a plentiful supply of water, inside and out; sleep; absolute cleanliness for the skin.



Lessons in Cooking

These Lectures Are Given Daily at the National Headquarters of the Housewives League in New York by the Leading Experts

Under Supervision of MISS EDITH DESHLER

National Vice-President, Housewives League

The Cooking School at the National Headquarters of the Housewives League is giving instruction this winter in the various problems of the culinary art. The year 1916 is to bring forth many new recipes in these pages. The lessons under Miss Emma Bossong, an expert in domestic science, are exceedingly valuable to every housewife.

Calf's Tongue with Sauce Espagnol



ALF'S tongue might well appear oftener on our tables than it does. It is inexpensive, nourishing and, when properly prepared, most palatable.

If calf's tongue is not procurable, pig's tongue can be used in its place, the only difference being that of delicacy. Calf's tongue is the more delicate of the two.

The chief drawback to the frequent use of tongue is the length of time necessary to cook it properly.

Tongue requires from one and one-half to two hours' boiling to make it tender, the amount of time depending upon its age. This is hard to determine before cooking, and the housewife, in order to be on the safe side, must allow the maximum amount of time.

For this reason it is a good plan to cook tongue the day before it is to be served. It can be reheated in the water in which it was originally boiled when the time comes to serve it.

This means, generally, that the housewife must plan two days ahead of time when she wishes to serve tongue, for frequently the butcher cannot supply tongue at a moment's notice. It is usually much safer to order it in advance.

TONGUE is always cooked in boiling, salted water—not too briskly, however, as there is danger of breaking the tongue to pieces if the boiling is too fast. They should be boiled slowly until tender when pierced with a fork.

The surface of the tongue is covered with a tough skin, which must be removed before the meat is served. This is best taken off while the tongue is still hot, for it peels off very easily then.

After the tongue has become cold it is very hard to get the skin off, and the only way it can be removed is to shave it off with a sharp knife.

After the tongue has cooked, skin it immediately and cut off the "gurgle" or back part, which consists mainly of gristle. This portion, although it is not so delicate as the rest of the tongue and is not usually served with it for that reason, need not be wasted. It can be set aside to use later in flavoring other meat dishes, soups and gravies.

Since tongue has not a decided flavor of its own, it is more palatable when served with a well-flavored sauce, such as Sauce Espagnol.

Recipe for Sauce Espagnol

FOR this sauce any kind of stock or gravy which one happens to have on hand can be used as a foundation. If there is no meat stock available, beef cubes will answer the purpose, and, of course, the water in which the tongue was boiled is added to the stock.

Melt two tablespoons of butter and steam in it one small onion, cut into small pieces, for about five minutes. Then add one cup of stock, one tablespoon of tomato catsup, or stewed or fresh tomatoes, one tablespoon of Worcestershire sauce, one green pepper cut

Lessons in Cooking by Miss Bossong

in small pieces, one teaspoon of salt and one-eighth teaspoon of pepper. Let this mixture simmer for ten minutes.

Peel and cut up half a dozen mushrooms, steam them in a little butter and add to the sauce just before removing from the fire.

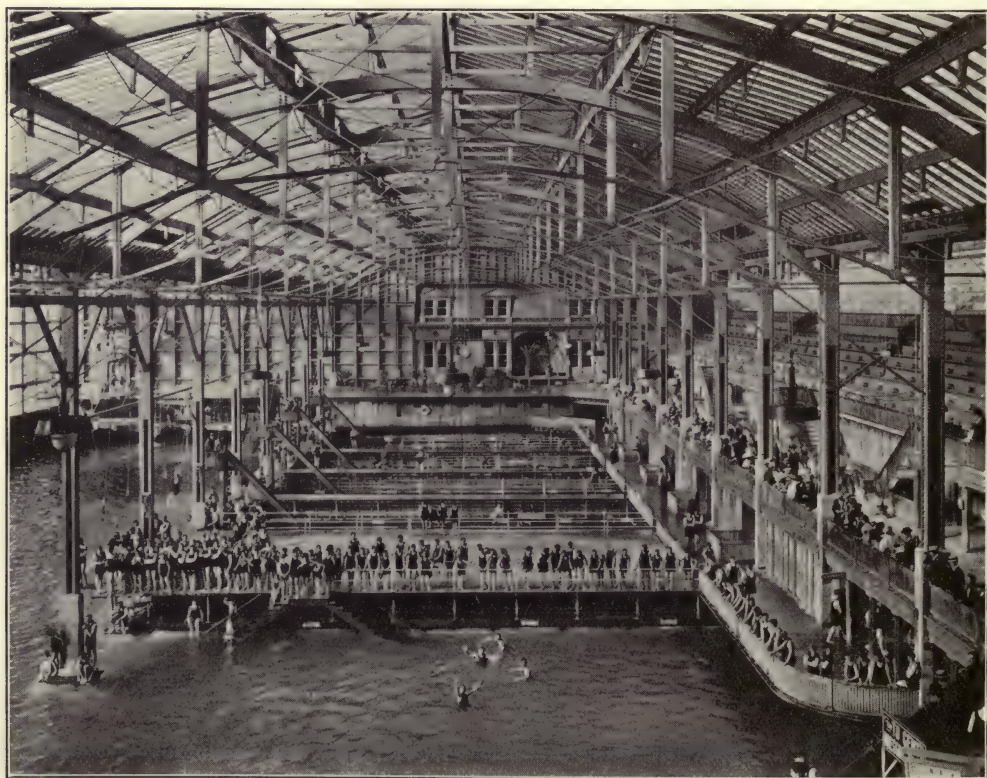
A rich, well-flavored stock to use as a basis for sauces can be made by cooking together a variety of vegetables in the water left from the tongue, adding any gravy which is on hand. Boil down until the liquid is thick and rich, and use as any other stock.

This stock can also be used for mak-

ing delicious soups, either plain or thickened. In fact, a little stock of this kind is good to keep on hand for emergencies.

If there is an invalid in the family a bowl of delicious, nourishing soup can be made with very little trouble by combining whatever there is on hand of stock, or gravy, or seasoned water in which the vegetables have been cooked. Beat up an egg and stir into the hot liquid, add a little salt and a dash of pepper, and the result is a tasty, appetizing broth, practically conjured "out of the air."

MUNICIPAL BATHS HELP TO PROTECT THE PUBLIC HEALTH



VIEW OF THE MUNICIPAL BATHS IN SAN FRANCISCO—Courtesy "The American City"



Letter Box for Members of Housewives League

Dear Mrs. Heath:

I have gained a great deal of incentive and pleasure since I became acquainted with you, and became a member of the Housewives League.

I awakened then to the realization that housekeeping should and can be run on a business basis as carefully thought out, and worked out, as that of any profitable business, large or small.

The woman who sets out conscientiously and perseveringly to achieve this can contribute something definite to the economic soundness of her country and city; something definitely coöperative and helpful to her husband, and things very valuable, industrially and educationally to her children.

All these doors into service, and a constantly enlarging outlook upon that service, the Housewives League has opened for me.

Sincerely yours,
CHARLOTTE WISE PATTERSON,
New York City.

My dear Mrs. Heath:

I want to express my appreciation of the great work you have been and are still doing in the interest of pure food. We poor housewives have for so many years been at the mercy of the food fakers that we were accustomed to take a label on any package at its face value. Your work and investigation have shown us how much we were being deceived and in many instances the health of the family endangered by their use and we would probably have kept on ignorantly accepting all kinds of adulterations and substitutes as the real article if it had not been for your disinterested work. Keep up the good work and I am sure that every housewife in the United States will eventually feel herself obligated to you.

Sincerely yours,
CLARA SMIDT,
New York City.

WHAT THE HOUSEWIVES THINK ABOUT OUR MAGAZINE

MY DEAR MRS. HEATH:

I take this opportunity to tell you that I consider the December issue of the HOUSEWIVES LEAGUE MAGAZINE the most helpful magazine that has ever come into my home, and I mailed copies, in lieu of Christmas cards, where I knew their worth would be appreciated, and where the knowledge contained will be helpful.

I was impressed by your plea to the women to lay aside their indifference in regard to the campaign for clean flour.

Do you realize, Mrs. Heath, that the indifferent woman is the greatest obstacle to the accomplishment of the organization purposes of the League? She is not only an obstacle, but she is a problem.

How may we reach her? She will not read our literature, she will not attend

our meetings. She orders her food by 'phone and cannot tell you what she is paying for anything without consulting her last bill. She never weighs her food to see if she is getting full value for money expended, neither does she inquire into the methods employed in handling the food that she buys.

As Chairman of the Investigating Committee of the Housewives League of Buffalo, I find the existence of this element a serious handicap to correctional and constructive work.

I believe our best hope lies in the existence of the Junior League, to reduce the number of indifferent housewives in the future.

Sincerely,
MRS. THOMAS COULSON,
2d Vice-President Housewives League.



Investigation into the Sale of Horse Meat

(Continued from page 48)

these regulations fully as efficient as those now in force in European countries. If they find they must make the regulations still more strict in order to protect the people of the city against fraud and inferior meat, they will not hesitate to do so.

While no pains will be spared to protect the people of New York absolutely from the substitution of meat, or the danger of diseased or inferior meat, the Board of Health announces firmly its intention to push the matter through, being deterred by no radical or inimical views that may exist in the minds of prejudiced people.

What the Housewives Can Do

THIS question of horse meat is one which affects the housewife directly. Each and every member of the Housewives League is urged to take up the study of the question with an open mind, to arm herself fully with all the facts at her command, and then to make her decision without regard to preconceived convictions or personal sentiment.

Those housewives who find it hard to convince themselves that the use of horse meat is a step in advance and not backward toward cannibalism, should take all possible means to find out what has been the result in other countries where the matter has been tried out, before condemning the practice utterly.

The local library is a source of information of which almost every housewife can avail herself and may possibly be of service to her in her efforts to arrive at an unbiased conclusion.

It seems hardly fair or wise to condemn, without a hearing, a practice which has been found good in Europe for many years.

In Paris, the use of horse meat dates back to the days of the Siege of Paris. At that time the destitute Parisians were reduced to using whatever form of food was available and they found it necessary to overcome many of their scruples in order to maintain their existence.

Since that time the use of horse meat has increased with each year until now the selling of horse meat is one of the recognized and profitable trades and dealers are kept busy supplying the demand.

Why Horse Meat is Recommended

ONE reason for the increased demand for horse meat is the increasing knowledge of the fact that the horse is one of the healthiest of domestic animals. It is exceptionally free from transmissible diseases and no danger of tuberculosis need be apprehended from its use. For this reason physicians in Paris are recommending horse meat more and more to invalids, and especially to tubercular children.

Another reason for its growing popularity in European cities is the practical one of its comparative cheapness. It can be bought for half the price of beef or mutton and, because of this, the poor people, who otherwise must go without meat, are enabled to have it every day.

By those who have so far overcome their prejudice as to try it, the broth made from horse meat is pronounced more nutritious than that from beef.

It is not to be supposed that prejudice against the use of horse meat does not exist in Europe, among certain classes of people. As a rule, it is only the poor, whose condition does not allow them the luxury of prejudices, who use it to any extent.

Restaurants of the better class do not sell it, under the conviction that it would be detrimental to their trade to label themselves as supplying horse meat to their customers.

Prejudice among the better class, however, does not prevent many well-to-do families, to whom the idea of entering a horse meat store is distasteful, from procuring horse meat upon occasion through their butchers.

How Horse Meat is Used in Europe

IN Germany and other European countries the same prevalent use of horse

(Continued on page 86)

*All through the Old Testament you will find such paragraphs as this—
Ezek. 27:17—Judah and the land of Israel, they were the merchants:
they traded in thy market wheat....and honey, and oil, and balm.*

*The ancient Jews (then the supreme race) made honey their daily
FOOD as well as a sweetmeat. Wise moderns do—YOU will find
food, health and deliciousness in honey.*

Eat—Sweeten with

Airline Honey

— eat the sweet that's made in Nature's laboratory; untouched, unchanged by man—from flower, to bee, to you—Honey, the sweet that never cloy.

☛ Trickle it over your batter cakes or waffles—spread its golden sweetness on your bread or on those piping hot biscuits—doesn't the thought of it make your mouth water?

☛ Cakes and cookies made with honey are more delicious—retain their moisture longer—cost less to sweeten than with sugar, these war times or any time. Use honey.

A Sample for 10c—Honey Cook Book Free

☛ An individual honeycomb or a small jar sent postpaid for ten cents and your dealer's name—also Honey Cook Book—send for them. Ask your dealer for Airline Honey—comes in jars (just the PURE extracted honey) or in the comb, packed air tight to preserve flavor, cleanliness and purity and to prevent substitution.

☛ If your dealer can't supply you, we will.

THE A. I. ROOT CO., Medina, Ohio

Biggest producers of and dealers in bees and bee keepers' supplies in America. Publishers of "Gleanings in Bee Culture."

"The Home of the Honey Bees"

1-S



*View of one of the Apiaries
where Airline Honey is made by bees*



HOW TO BUY YOUR BREAD

(Continued from page 58)

like all other forms of advertising, it must be paid for.

These days the baker is expected to take a greater interest in civic affairs, and contributions are asked for many purposes, which, with the demands of church and other societies, local ball clubs and other forms of petty graft, form a considerable item of expense during the year.

Then comes the comparatively modern institution of systematic advertising, then the almost universal wrapping of bread, and finally the expense of training the salesmen, and, in most instances, the uniforming of these men and the technical training of them in the shop; all of these things are now either fixed or in process of adoption by many bakers.

LIMIT OF EXPENSES

These expenses, together with numerous other smaller items, have carried the baker to the limit of possibilities on the so-called "4-cent loaf." Still, there is need for making better bread to increase the bread consumption, and there is certainty of more expense to be expected as the industry makes further progress. Now, what is the logical thing to do? How may the baker make better quality and provide for further progress in a way that will be fair both to the baker and the public?

The 10-cent loaf means better quality, as every baker knows, and he also knows that better quality means a greater consumption of bread. The public will not alone get better quality, but will save on stale because of better keeping quality. The baker can afford to give a trifle more in weight in a 10-cent loaf, and, besides, give much improved service. His labor cost will be reduced, his fuel bill will be correspondingly reduced, his cost of wrapping and cost of delivery and advertising will be lessened. His stale will be less, while his cost of overhead will remain the same. The dealer, too, will profit, because his cost of selling a 10-cent loaf is no greater than on a 5-cent loaf, while his profit is the same.

HORSE MEAT INVESTIGATION

(Continued from page 84)

meat is to be noted, and wherever it has been used, it has been found to be safe, healthful and economical.

A significant fact is that its use in Europe is especially marked in congested districts, where poverty is greatest. Here would seem to be a practical answer to the argument that horse meat is not a cheap food. Europe has found it so and there seems to be no reason why we should not, also.

To the objection raised by some that it is the diseased horses, unfit for anything else, and not the horses in good condition, which are sold for horse meat, and that in no other way can we expect to obtain horse meat cheap, the answer can again be found by pointing to Europe.

Anyone who has observed the strict and efficient governmental supervision in European countries cannot doubt that the laws regarding horse meat are rigidly enforced and that habitual palming off of inferior meat could not be practiced.

If, after all the facts have been assembled and all arguments, pro and con, have been noted, one still clings to the feeling, that, no matter how cheap and nutritious it is, she does not like the idea of serving it to her family, there is still the possibility of refusing to buy it for oneself without refusing to grant its value for the great numbers who might profit by its use.

The fostering of a fair, unbiased attitude on this subject on the part of a community, while not committing individuals to its use in any way, may go far towards relieving conditions of poverty in the neighborhood.

The National Housewives League has adopted an open-minded, progressive attitude toward the question of horse meat and is waiting to be convinced either way.

It is the expectation of the League that individual members will assume the same attitude, approaching the question in a spirit of inquiry rather than with a mind full of prejudice and preconceived convictions.



Why Carnation Milk should be in every home

Because it is *safe* milk—safe because it is sterilized after being hermetically sealed. It remains clean, sweet and pure as when fresh from the cow.

Because it is *most convenient*—always ready for use and may be kept in a cool, dry place. This means economy—it keeps several days after opening—not the usual daily waste as with ordinary milk.

For added richness—use Carnation Milk for whipping and No-Egg Mayonnaise Dressing; it adds a delicious flavor to everything cooked with it—creamed vegetables, pastry, etc. Serve it on the table for coffee, cereals, fruit, as well as making ice cream, candies, etc.

Carnation Milk is just fresh, clean, cows' milk reduced to the consistency of cream by evaporation. Nothing is taken out but part of the water—nothing is added.

See directions on label.

Order it of your grocer, he is the Carnation Milkman. Use the coupon below to secure our practical cook book—it is a genuine help.

Carnation Milk Products Company

535 Stuart Bldg., SEATTLE, WASH., U. S. A.

Please send me your new cook book, filled with special evaporated milk recipes and containing "The Story of Carnation Milk," as it was demonstrated at the San Francisco Exposition.

Name _____

Address _____





HOME DECORATION

(Continued from page 45)

their Oriental symbolism and picturesque designs are used with better effect in dining rooms than in most rooms of a house, since we seldom linger there for long and so do not grow weary of a pattern that would soon become monotonous in a room where we could learn to know its detail; but as a general thing the plain-colored floor covering is best.

Well-chosen rugs like well-behaved children should be seen but not heard, and the crude Oriental, or its cruder imitation, is apt to cry out in a very loud voice.

The Problem of Artificial Light

FINALLY, the all-important question of artificial lights.

Every woman has a right to be beautiful at her own table, but the lights that we are often made to eat by are as trying as the latest modes of dressing the hair.

In the best-furnished dining rooms we will find to-day either no central fixture at all, or one that is close up to the ceiling itself, or, in some cases, a neat "cluster candle" fixture suspended by a simple chain.

If this does not answer your idea of a strong, direct light over the table, then the flaring Empire shade over a cluster of electric bulbs, and also suspended by a chain, is the next best thing. But remember that any dome-like shade, whether of silk or of glass, will always seem the biggest thing in the room—and the smaller the room the bigger!

The ideal lighting of the dining room is by side-wall fixtures, candles on the table and, *if necessary*, one of the unobtrusive kinds of center lights just described. It does not cost so very much more and it is, oh, so much more beautiful in effect! And remember that the dining room of individual distinction must be made as attractive, or even more so, by night as by day.

THE MASTER BUTCHER

(Continued from page 62)

loin steaks. They sell for about sixteen cents a pound.

The shoulder, the neck, the shin, the brisket and the cross-rib are also included in the chuck. The shoulder and shin are chiefly valuable for soups, the shin bone being exceptionally popular as a meat stock.

The shoulder makes very good stews as well as soup, for the meat is not too tough to be good eating if it is properly cooked. A good cut from the shoulder for stew costs about eighteen cents.

Both the shoulder and the shin are inexpensive cuts and are much used by the poor and by the thrifty who understand the value of utilizing the cheaper cuts of meat.

The cross-rib is cut from the upper side of the shoulder bone. The first cut of the cross-rib makes a good steak, the rest of the piece being useful for pot roast, beef à la mode, etc. This steak can be had for nineteen to twenty-one cents.

The brisket is less tender and more poorly flavored than other parts of the chuck. Its chief use is in corning, although pot roasts are sometimes taken off the lean portion. It wholesales usually at ten cents.

The plate furnishes the cheaper meats used for stews, boiling and corning. It sells at eleven cents a pound.

THE RICE QUESTION

(Continued from page 52)

case with most people in the United States, obtain these elements from other foods.

Rice which has been put through a finishing process by the addition of glucose, talc, or other foreign material, should bear a statement to this effect. Attention is called to Food Inspection Decision 67 on "The Polishing and Coating of Rice."

Domino Cane Sugar is refined to the utmost degree of cleanliness and sweetening strength.

Then it is put into convenient-sized packages to *keep* it clean and further insure satisfaction.

Grocers who have your best interests in mind sell Domino Cane Sugar. It is packed as follows:

Domino Tablet—The perfect sugar for coffee and tea. Full-size tablets in 2 and 5 pound packages. Half-size tablets in 2 pound and 10c packages.

Domino Granulated—The universal household sugar. Sold in 2 and 5 pound packages.

Domino Confectioners—Especially recommended for icings. Sold in 1 pound wax-paper lined packages.

Domino Powdered—No starch, all sugar. Sold in 1 pound wax-paper lined packages.

American Sugar Refining Company
New York



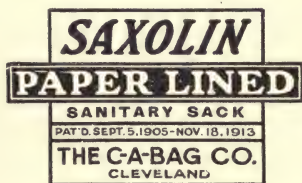
Do your
share



To Insure Cleanliness

insist that every Sack
of FLOUR you buy
bears this mark of

Assurance of Cleanliness



**The Sack that keeps the
Flour *IN* and the Dirt *OUT***

Every brand of Flour
packed in this Paper
Lined Cotton Sanitary
Sack is delivered in
your home as pure and
clean as when it left
the mill.

No Flour Sifts Out
No Dirt Enters In

**Your Grocer
can get it**

**The Cleveland-
Akron Bag Co.
CLEVELAND OHIO**



MEATLESS MENU

(Continued from page 57)

in some form, for cheese adds the element, proteid, for which meat is useful.

A Simple and Nourishing Salad

WASH and dry a medium-sized green pepper. Scoop out the inside portion which contains the seeds and pulp, and then cut the pepper into rings.

Mash together one cream cheese and one-half ground pimento. Add salt and pepper and a pinch of sugar.

Lay the pepper rings on crisp lettuce leaves and fill them with the cheese mixture.

The salad can be dressed with a little lemon juice squeezed over it, or the leaves can be covered with a French dressing. Mayonnaise should not be used for this salad, as it is too heavy for the rich combination of cheese and pimento.

What to Have for Dessert

FRUIT of some sort should appear in the dessert of a dinner like the foregoing.

One of the simplest and daintiest ways of serving fruit is to combine it with a light sponge cake.

To make the sponge cake, beat two eggs very light and add gradually one scant cupful powdered sugar, beating all the while.

Sift one cupful flour with one-half teaspoonful baking powder and one-eighth teaspoonful salt. Fold the flour into the eggs and sugar, fill small, individual cake pans with the mixture and bake in a moderate oven about twenty minutes.

When the cakes are cool, scoop out the centers and place in the hollow in each cake half a canned peach or other fruit. Pour a little of the juice of the fruit on the cake and garnish with whipped cream.

Instead of cream, the juice of the fruit can be thickened and used with this dessert. Heat the juice with one tablespoonful butter and one tablespoonful flour, blended together, and pour over cake and fruit.

SUGAR AS FOOD

(Continued from page 54)

in the market, but these statistics are given to convince you of the importance of watching the candy your children are eating.

Your Child Needs Pure Candy

WE constantly hear such statements as "Sugar decays the teeth." "Sugar makes worms." "My doctor says sweets are not healthful." All those things are true enough if one is referring to the impure candies.

Those who have lived in Mexico and the tropics do not like to eat northern candy. To them it is tasteless and unsatisfying. The people in the southern countries make their candies from the natural sugar.

I have heard mothers say, "My children never eat candy." If these children are not getting sweets in some way, they are supplying the deficiency by chewing lead pencils, eating dirt, starch, plaster or are excessive meat eaters.

Children are candy-crazy, a condition partly due to lack of nourishment. They crave candy. They do not know the difference between pure and adulterated candies.

This state of affairs will tell on them later on, when their systems begin to feel the effects of an over-dose of impure matter and an under-dose of mineral salts.

It is the parents' task to teach the children not to buy impure store candies.

Is it not worth while to educate our children to use pure candies, made of the pure, natural sweet, so that they will not go on overstocking their systems with the sugar substitutes of which the market is full? Would it not mean money in our pockets and improved health for our race to teach our children the value of pure foods?



Try the Jell-O Way.

Prune Whip and Prune Souffle, and two or three dozen of the other desserts that are commonly described in cook books, are not the beautiful things or the good things to eat that they would be if

JELL-O

were used in making them.

To any housewife who has not yet used Jell-O and who will send us her name and address, we will send a package of Jell-O free and also a copy of the 1916 Jell-O Book, which is full of suggestions for dainties of many kinds.

There are seven flavors of Jell-O, all pure fruit flavors, as follows: Strawberry, Raspberry, Orange, Lemon, Cherry, Peach, Chocolate. Each 10 cents at any grocer's or general store.

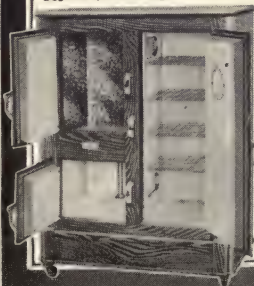
THE GENESEE PURE FOOD CO.,
Le Roy, N. Y., and Bridgeburg, Ont.

One Million Homes Have Leonard Cleanable Refrigerators

Like a Clean China Dish

More "Leonard" Cleanable Refrigerators are sold every year than any other make. Lined with one piece of real porcelain enamel on steel. Keeps food in ice-cold, fresh circulating air. Awarded FIRST PRIZE at San Francisco Exposition.

Sold by best dealers everywhere. Style shown is No. 4405, size 34x20x47, price \$35.00; freight paid as far as Ohio & Mississippi Rivers. 50 other styles \$16.50 up.



FREE BOOK tells why a million housewives bought Leonard Refrigerators. Write today. Grand Rapids Refrigerator Co. 114 Park Ave. Grand Rapids Mich.



Housewives Save \$1.40 on this 10½-inch Solid Aluminum Greaseless Griddle, given for Karo Labels and 85 cents in Cash

AMERICA is the land of cakes. Karo is the national syrup because it is the best liked syrup from ocean to ocean. Everybody likes Karo on wheat cakes, buckwheats, corn cakes and all the rest of the tempting cakes that come hot off the griddle.

We are anxious to have all users of Karo, the famous spread for bread, griddle cakes and waffles, serve it on the most deliciously baked cakes that can be made. Therefore we aim to place, at great expense, the Karo greaseless aluminum griddle in every American home. Send today 85 cents in stamps or money order and labels from 50 cents' worth of Karo and we will send at once by Parcel Post prepaid, the Karo aluminum griddle. Without doubt, the Karo Griddle bakes the finest griddle cakes in the world—that is why we are making this special offer. We want every user of Karo to share in the opportunity.

This Aluminum griddle is the easiest to keep clean and bright on both sides. Cannot rust. Needs no grease—therefore no smoke. Heats evenly all over—every cake evenly baked.

Housewives all over the country are sending for the *Corn Products Cook Book*, beautifully illustrated in colors. They make daily use of the Karo recipes for home candy making, preserving and cooking. Free on request.

Get the Karo at your grocer's today. Order one half dozen or a dozen cans. Send for the griddle at once. Thousands have already received theirs!

Corn Products Refining Company
Dept. YY New York P. O. Box 161

CO-OPERATE WITH MILK DEALERS

(Continued from page 46)

pounds of string beans at 35c, 5½ pounds cabbage at 14.3c, 10 pounds celery at 50.7c, 7½ pounds spinach at 70c, 10 pounds lettuce at \$1.04, 7 pounds tomatoes at 35c, 4 1/3 pounds oranges at 26.4c, and 2½ pounds bananas at 15c.

It is readily seen that milk is by far the least costly of any of these foods and that it is worth more, in consideration of its relatively high nutritive value, than is ordinarily paid for it. *The housewife should pay as much as she can afford for her milk supply day by day.* It is real economy.

Think more about milk. Know your dealer; distinguish between the man who is alive to your interests and the man who considers only his gain; cease to be guided by sentiment in the selection of your milkman—your neighbor may sell milk, but does he guarantee to protect you?

Learn what your dealer is doing in your behalf; appreciate his efforts, and be alert to *coöperate* with him in the further betterment of your own milk supply and that of your city or town.

MRS. HEATH'S MESSAGE

(Continued from page 27)

will be perfectly balanced. This will bring wonderful results.

I do not believe that every member realizes her great responsibility and power, neither do I believe that the whole economic world is alive to what the Housewives League is and holds within its hands.

We have been wonderfully received in this great field of economics; we have been able to secure good coöperation, but the work must go on, it must develop, it must have still greater success. Let us go on studying, preaching coöperation, and working this coöperation out in a practical way.

Works Like Magic

When chair, table, piano or buffet, show smut, smoke stains, finger marks or grime—get busy with 3-in-One! You'll be amazed at the thorough and quick way in which 3-in-One brings back the new look to time-worn furniture. Here's the way to do: Wring out a cloth in cold water; add a few drops of

3-IN-ONE

wipe a comparatively smooth surface at a time and dry and polish with a soft woolen cloth or a cheese cloth, being careful to rub only with the grain of the wood. After this treatment you will hardly distinguish old furniture from new.

3-in-One cleans and polishes without leaving anything to stick to or rub off on clothes. No disagreeable odor—contains no acid. Will not turn rancid or get gummy. 3-in-One is sold by hardware, drug, housefurnishing and general stores—1 oz. size, 10c; 3 oz. 25c; 8 oz. (½ pint) 50c, and in Handy Oil Cans 3½ oz. 25c. If your dealer hasn't these cans we will send one by parcel post, full of good 3-in-One for 30c.

FREE. Write for a generous free sample and 3-in-One Dictionary.
THREE-IN-ONE OIL CO.
427 K.W. Broadway, New York



**Tell the Children
to ask for
FRANKLIN**



**CARTON
SUGAR**

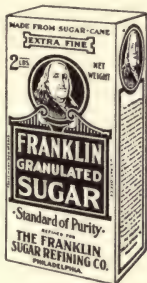
Teach them to understand and appreciate Quality, and assure yourself a Full Weight package of Pure Sugar made from Sugar Cane.

**Grocers Everywhere Sell
FRANKLIN
CARTON SUGAR**

because intelligent women insist on the cleanly sealed CARTONS.

There's a Franklin Carton Sugar for every purpose; Granulated, Pulverized, Dainty Lumps, Confectioner's XXXX, in 1-lb. 2-lb. and 5-lb. dustproof CARTONS.

**The Franklin Sugar Refining Co.
PHILADELPHIA**



**"You can't beat
oatmeal for breakfast"—**

THAT'S what Grandmother said.

Even in her day oatmeal was a health-building dish.

But we have improved on it. Today we steam-cook the oats for two hours at the Mills, breaking down the starch cells and retaining that rich, wholesome flavor.

H-O
THE ONLY STEAM-COOKED
Oatmeal

**The H-O Company, Buffalo, N.Y.
Makers of H-O, Force, and Presto.**

CERTIFIED EGGS

Certified eggs, direct from our farm to your table. Ask for prices. Amwell Farm. L. EISENMAN, Millstone, N. J.



**Cut the Cost of Furniture
in Two**

Shipped in sections, knock-down—saves factory space—packing costs and freight charges. Direct from factory to you saves dealer's expenses and profits. Ten minutes assemble any piece. Over 100 designs—everything for the home, office or club.

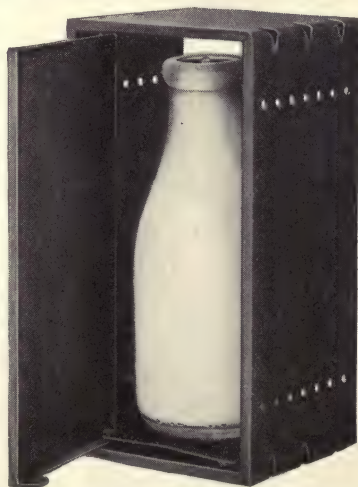
HOME EXHIBITORS WANTED
Exchange spare time for furniture or cash commissions. A new business for men or women.
FREE CATALOG with full particulars.

BROOKS MFG. CO.
2453 Rust Ave. Saginaw, Mich.
Largest Plant of Its Kind in the World



\$40 Value at
\$1975
Extension
48x84 in.

Million Germs on the Cat's Tongue



The Alger Sanitary Steel Milk Safe

Handsomely japanned. Installed in one minute. Milk man places the bottles of milk in Safe, closes door, which locks automatically by weight of the milk. Protects from theft, cats, dogs, dust, heat and cold. By removing bottles it unlocks the Safe. No key to lose. Lasts lifetime. Physicians and Boards of Health endorse. Sent prepaid, \$1.

LYMAN S. ALGER, Inc., Factory, Waterbury, Conn.

Ideal For Flavoring

Desserts, Dainties,
Candies, Frostings—

MAPLEINE

Provides just that necessary change of flavor to make your favorite desserts always welcome.

1-oz. 20c

2-oz. 35c

Grocers sell it or
write Dept. 43

CRESCENT MFG. CO.
Seattle, Wash.



5c.

Is all you have to pay for

TRIP-O-LEE CLEANSER

Cleans anything
and everything

No Acid—No Grit

Ask for TRIP-O-LEE
Insist upon getting
TRIP-O-LEE

At Grocers, Department Stores
and
Woolworth's 5 and 10c Stores

Look Well

Wear Well

All Widths
and
All Sizes



For Sale
By All
Dealers

Made by
Naumkeag Steam Cotton Co., Salem, Mass.

EAT GOODMAN'S MACARONI



SOLE MAKERS OF THE
BERLINER TEA MATZOTHS
SOLD EVERYWHERE

A. Goodman & Sons, Inc., New York

HOME PROBLEMS

(Continued from page 65)

Roman seamen. Four of them were going to sea. There was a dreadful famine in that country. They had hoped, as they went off in their vessel, to come back laden with the best of grain for the famine-stricken people. Just as they were ready to sail a message came. The messenger said to the captain of the first ship:

"When you return you must bring sand."

The captain's head dropped. He was grieved by the message. But it was the orders, and he said:

"Very well; when I come back I will bring sand."

And so the message went to the second and the third captains of the ships, and alike they all dropped their heads, but it was orders, and they said:

"When we come back we will bring sand."

And again the messenger went to the fourth captain and gave the orders. He thought for a moment and then, straightening up as we expect of the true man, there came to his mind a picture of the starving people of the city of Rome. He thought of the mothers with the starving babies in their arms, and the little children crying for food. He looked into the messenger's eyes and he said:

"I am sorry, but you take back this message: My life belongs to our ruler, but when I come back with my good ship, I will bring her loaded to the edge with the very best wheat that the country produces."

And so, when our home-makers—when our girls sail off over Life's sea, I am anxious that they be prepared for the very best, and that when they come into port they will bring the very best that there is in life. Then will they have done their whole duty, not alone for the little cottage and the little home or the little community wherein they live, but they will have done it for this country of ours, of which we are so proud.

We claim for woman that her masterpiece is the home and that the home is the center of all successful living.

BEECH-NUT PEANUT BUTTER



*Glass of
Full Cream
Milk*

*Sandwich of
Beech-Nut
Peanut Butter*



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ASK YOUR DEALER



What Our Advertising Means to You

THE ADVERTISING in this Magazine is an important feature of the League's message to members and friends. It is an integral part of the service the Magazine gives you every month.

Our advertisements have been accepted only after expert and careful investigation, and each has received the official endorsement of the National Housewives League.

We invite criticism of any advertisement which appears in these pages, and will push our investigations further, if the criticism seems just.

Representing as we do the organized housewives of the country, our standards are necessarily high. Therefore our advertisements are of real value to you and your family.

If, when you do your buying, you consult our advertising pages and buy accordingly, you can be sure that, in our opinion, you are paying fair prices for pure products made in sanitary shops.

The advantage to you as a consumer is obvious.

MARTHA J. FULLER,
Advertising Director



"The only Rivals"

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WANTED

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Housewives League Magazine

FOR
JANUARY, 1913,
MARCH, 1914, and
SEPTEMBER, 1915

Our supply of the January, 1913, March, 1914, and Sept., 1915, issues of the **HOUSEWIVES LEAGUE MAGAZINE** is entirely exhausted, and we greatly need several copies to complete sets for binding. We shall consider it a great favor if any member will let us have any extra copies of these issues she may possess, and in return will gladly accord her a **four months free subscription to the magazine.**

Send to the

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"The Crowning Attribute of Lovely Women is Cleanliness"



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Do You Make a "Human Pincushion" of Your Baby?



THIS BABY APPEARED AT HEADQUARTERS LAST MONTH TO SHOW THE MOTHERS HOW TO DRESS THEIR BABIES WITHOUT PINS—THUS AVOIDING DANGER OF CONSTANT IRRITATION AND EVEN BLOOD POISONING DUE TO PIN PRICKS AND SCRATCHES. WRITE TO HEADQUARTERS FOR FULL DETAILS OF THESE PINLESS GARMENTS



HOUSEWIVES OF AMERICA—RESPOND TO THE CALL FOR DEFENSE
Mrs. A. B. Church, Chairman of the Committee on Vital Conservation of the National
Housewives League—See opposite page.



VOLUME VII

April, 1916

NUMBER 4

Housewives Campaign for Preparedness

By Mrs. A. B. CHURCH

Chairman, Committee on Vital Conservation of the National Housewives League



THE Housewives of the Nation—the greatest standing army in the world—have issued a proclamation. This proclamation appeared in last month's issue of THE HOUSEWIVES LEAGUE MAGAZINE. Every housewife who has not already read this proclamation to the Nation, should read it immediately—and then join the ranks of patriotic women.

Preparedness is the slogan for the American women during 1916! Not preparedness for war—but for defense against war, for the protection of Home and Country.

The Issue

PREPAREDNESS is the supreme issue before the country to-day. In contributing their share to the solution of this question and in attaining true preparedness, the housewives of America can render a service equally valuable toward preparedness—whether it be for War or Peace. This is the real call to arms which we send to the housewives of America.

The Facts

A LARGE percentage of men who apply for admission to the National

Guard are rejected because of physical disability; three hundred thousand babies under twelve months of age died in our country during the past year; one million five hundred thousand children under ten years of age died in our country during the past four years.

This tremendous loss of life and appalling human wastage is largely due to malnutrition. To remedy this situation it is the duty of the housewives of America at once to bend their energies to acquiring full knowledge of foods, food supplies and nutrition, that they may thereby develop and conserve the physical and mental well-being of individuals, rallying to the defense of the nation by constituting themselves into one great country-wide committee for the maintenance and defense of the nation.

What You Can Do

IT is the duty of every housewife in America to further this great movement.

Appoint a committee which shall be charged with the duty of arousing the women of your community to their responsibility as the feeders of their own families.

Housewives Prepare for Defense



Mrs. Julian Heath, National President Housewives League, Delivering Commission to Mrs. A. B. Church, Chairman Committee on Vital Conservation.

Arouse campaigns by your local newspapers and magazines to spread the propaganda of health and well-being.

Interest all Clubs and Organizations to which you belong to make a study of foods, food values, and food supplies; study the sources of food.

Organize classes in your community to study foods and nutrition under the tutelage of competent teachers.

How You Can Do It

EXTREMELY valuable bulletins are being constantly issued by the Federal and also by your State Department of Agriculture which may be obtained free of charge upon application.

Excellent lectures with wide practical knowledge are obtainable for this purpose. *Joint* meetings and conferences of women's clubs may for mutual advantage be arranged to hear such addresses—thus *sharing* the small expense involved.

Teachers who specialize in the study of foods may be obtained from your State Colleges and Public Schools.

What the National Housewives League Is Doing

THE National Housewives League has appointed a special National Committee, known as the VITAL CONSERVATION COMMITTEE, which is charged with the duty of arousing in a general way all the women of the country to the need of studying the question of nutrition and applying the knowledge obtained to the individual members of their own family.

This Committee will act as a Clearing House, to assemble all information on this topic; to suggest methods of utilizing this information; to bring the various sections of the country into touch with each other; and generally to tender its services as Guide and Advisor.

Baby Month at National Headquarters



MODEL SANITARY BEDROOM FOR CHILD

A View of the Child Welfare Exhibit at National Headquarters of Housewives League During the Month of March—Baby Month



N view at National Headquarters during the entire month of March was a complete exhibit covering all phases of baby and child life.

Everything pertaining to the care of the child, from the latest devices in amusing, artistic and educational playthings to the best equipment for the child's bedroom, including various types of beds and cradles, dainty and practical bedding and clothing, and individual table service that delights a child's heart—all these were included in the exhibit.

Besides the exhibit, there were given daily lectures and demonstrations by prominent experts in the feeding, clothing and general care of children.

The lectures covered such subjects as the selection of the nurse for mother and baby, the mother's responsibility for minor deformities of children, the parent's responsibility in heredity, diseases of children, and others.

The demonstrations covered the pinless dressing of the baby, dinners suitable to children, desserts for children, fruit in the child's diet.

Intelligent Consumption.....

MESSAGE TO CONSUMERS



WE hear a great deal in these days about women not being "on their job" as housewives. We hear that they "do not keep house as their grandmothers did," that they are not "efficient housekeepers," and that as such they are failures.

Let us grant this because now we fully recognize it without resenting the accusation, but we also recognize that there is a reason—a real, economic reason. We have not been efficient housekeepers because a new housekeeping has been shaping up and we did not realize it. We had slipped quite casually into our housekeeping from generation to generation, learning the "art," as we called it, from our mothers without realizing that today's housekeeping is not the same as that of a generation or two ago.

There has been a great struggle going on between home economics old and home economics new. A new housekeeping has been evolving. Science has been pushing this new housekeeping forward and the housewife has been holding it back, or still worse, has been creating confusion and chaos.

What is this new housekeeping? What is this great change? We talk of it in a vague way, but, comparatively speaking, few people realize what it is, what it means, or how to-day's housekeeping is different from that of yesterday's. Few realize that it means an entire change in woman's economic function.

LET us see how the change came. Look at any picture of an old-fashioned kitchen; what do we see?

The women of the family are weaving and spinning, dyeing and cooking before a huge open fire-place. Over in the corner the men are making shoes. In another part of the room the weekly wash

is in progress, and all over the sidewalls and rafters hang dried fruits and vegetables, ham and bacon.

To put this picture into words,—this old-fashioned home was a huge manufacturing plant, grocery store and home combined. The whole world of the family was practically within the four walls of the home, or, at least did not extend beyond the door-yard. This was because the family produced within the home all or nearly all it consumed. Each family was sufficient within itself.

Then came a change, so gradual that we were hardly aware of it. By the evolution of machinery and electricity the weaving, the spinning, the soapmaking, the washing, the dyeing, the canning, slowly but surely, one by one, were transferred to buildings outside of the homes—to factories. These became commercial industries conducted not for the individual home but for all homes and for profit.

Of course, this evolution brought more freedom to the housewife, and, for this freedom not only women but the whole world can be grateful, because it made the home a better place in which to live and develop.

Right here, however, began the dawn of the new housekeeping, of which we speak, and the beginning of this new position for women in economics. The housewife remained no longer a *producer*—she became in the main a *consumer*. She had to begin to buy with money what before she had produced out of raw material.

From that time to the present day this new housekeeping has been shaping up—it has been in a formative period and all formative periods are chaotic periods. That is the reason that things have seemed to go wrong with our profession of housekeeping—and that they

The Housewives Slogan

By Mrs. JULIAN HEATH

have gone wrong there is no denying.

This formative period is over, however, the new housekeeping is here and we women must assume our new economic function as the disbursing of the family income, and moreover, the disbursing of the wealth of the world.

THE whole field of economics comprises but two factors—*production* and *consumption*.

Do not misunderstand me. Women have gained both honor and wealth in the commercial world. Nevertheless, man remains the natural producer of the foods to maintain the home and woman the natural administrator of the funds. For centuries men have been trained to produce, but women have not been trained to administer or spend. Society has not demanded this training, and there is where society has failed, and yet we women have been blamed for it.

Housekeeping is no longer an "art." Housekeeping has become a profession and has taken its rightful place in the professional world. This brings housewifery and the housewife into direct relation with industry, trade, commerce; every phase of municipal, state and federal government and with every problem of the day.

We know that remarkable things have been done by the organized housewife to help better conditions in regard to weights and measures, pure food, sanitation, price adjustment and efficient home management, so we will not dwell in detail on what the organized housewife has or can do. But do we appreciate the extent and breadth of the housewife's influence?

Let us look for a moment upon the relation the housewife bears to economics. For years, the whole world has asked for more and better production in

agriculture and industry. Our scientists have bent every energy to the development of commercial production, and they have organized for this. Hitherto, little or no attention has been paid to intelligent or better consumption, nor has there been organization of consumption, and yet, the true economist should trace everything from the point of production clear through to the point of consumption. This would give a perfect balance, for unintelligent consumption reacts back to the point of production.

This is well shown by unintelligent demand—the demand for produce out of season. One merchant told me he never knew what to buy; when lima beans were in season the women wanted peas and when peas were in season they wanted lima beans. Intelligent consumption means a readjustment of consumption and this readjustment has direct effect upon the industry, trade and commerce of the world.

JUST stop and think how the world is regulated by the demands of our homes. Why? Because, it is the center of successful living. Since industry, trade and commerce exist for the maintenance of the home, one can imagine the far reaching and wonderful effect that the purchasing for the home must of necessity have upon these three factors in our commercial life. It is so far reaching, so serious and so stupendous that it is almost appalling to think that this great economic force lies in the hands of women—the consumers. Talk about woman's sphere; it is the universe—the whole sphere.

It is a fearful responsibility, is it not? But, it is more fearful when we have not been trained to meet this responsibility. The wealth of the world is laid at our

(Continued on page 86)

MESSAGE FROM THE HOUSEWIVES IN NEW ORLEANS



HE citizens of New Orleans are not being allowed to forget for one moment that there is an active, aggressive League of Housewives in their midst.

At the recent "Orange Day Parade," held here for the purpose of creating interest in the use of local products, the Housewives League took a prominent part.

We had an artistic float which was so beautifully decorated and conveyed so much meaning that it received the prize for being the best citrus float in the parade.

The Housewives' float not only carried out the "Made-in-New-Orleans" idea, but it boosted the open market basket, the old-fashioned market basket of the days that belong to the "romance times" of New Orleans.

The float held citrus fruits of many kinds, piled in baskets and boxes and heaped wherever there was room for

them. And besides these, there were displayed such things as crystallized grapefruit chips, marmalades made of oranges and grapefruit, the finest and most delicate mandarine cordial—the kind that used to be made by the Creole housewives long before the war, the secret of which has almost been forgotten by housewives of the present day.

All kinds of delightful things were there, all made in New Orleans and all showing what the housewives of the city can do toward making living better.

As for the market baskets, the float was trimmed with a big circle of them all filled with oranges.

Altogether, the League won a great deal of favor by the display, which meant so much in the way of civic pride and of the determination of the housewives to work for New Orleans right where the best work can be done—in the homes.

Our organization has now more than five hundred members and is growing.

MESSAGE FROM OUR WORKERS IN NORTH CAROLINA



I WOULD like to tell you what other people have said of our work rather than to tell you myself.

Dr. Cashell, our sanitary inspector, said we had accomplished better results in one year than many organizations have in five.

Among other things we had a wonderful fair. Barnum & Bailey's circus was in town on the day of the fair, but our paper came out in the afternoon saying that there was something greater in town than the circus, and that was the Housewives League Fair, which was an eye opener to both town and county. We had five thousand visitors.

Our League has really done wonderful things and I am proud of the fact that I was the organizing President.

MRS. B. H. GRIFFIN.

Raleigh, N. C.



A NEW set of officers has the affairs of the Houston Housewives League in charge for the coming year. Mrs. J. Edward Hodges, who has served faithfully as President of the League, has retired and her place has been taken by Mrs. Bedford F. Coop.

The committees are working on various civic problems that affect the housewife.

The Chairman of Markets feels assured of success for the League's efforts to reopen the North Side Market with adequate shelter for farmers.

Strict watch is being kept on all dealers to see that they comply with the city ordinances pertaining to weights and measures.

We have found that the ordinances are well defined, but not always obeyed.

First in a Series of Lessons on

Food and Nutrition

By MISS HELENE M. POPE

Instructor of Nutrition, Teachers College, Columbia University



DOES that much-used term "Preparedness" have any meaning for us as housewives?

At first, perhaps, none; we think with satisfaction of our well-stocked markets, and of the facilities which have pretty nearly wiped out boundaries between seasons. We are almost embarrassed by our riches.

What foods shall we choose to-day? In asking ourselves that question, are we in the habit of regularly consulting anything besides our fickle tastes—and perhaps our pocketbooks?

Of course, we may have some general interest in comparative values of foods, in their ease of digestibility, and ordinarily we avoid such as "disagree" with us. But do we think beyond the question of temporary discomfort to those chronic diseases due to faulty diet—diseases of the digestive tract, of the liver and the kidneys, and realize that a knowledge of right eating is absolutely necessary to arm us against attack from them in the future?

Why is it that so many people, apparently in good health up to the age of fifty or sixty, suddenly develop such diseases?

Four questions—and to answer them requires a new kind of preparedness. If we have good health at present, let us prepare to keep it; if, on the other hand, we are already feeling the effects of wrong eating, the only thing we can do is to try to correct the difficulties under expert advice.

Teach Children How To Eat

IN any case let us start the children right—prepare them for good citizenship by seeing that they build healthy bodies and know how to keep them so. It is not enough to give them the right kind of food while they are

under our care; we must make them understand the principles we are following, and accept them as they do any other rules of the big game.

How shall we begin this constructive work? For years scientists have been studying the problem of food values and human nutrition. The facts are available, and our new policy of preparedness requires wise and effective use of them.

I shall discuss with you the functions of food in general, values of different types of food, and the amount required by any normal person, beginning with his childhood, and following him through the period of growth, adult life and old age.

Digestive difficulties will be touched upon whenever they help us to understand underlying principles of nutrition, and to show the importance of a reasonable diet for keeping us healthy.

Days' rations for individuals and typical family groups will be worked out, and the cost will be considered.

The aim throughout is to help the housewife answer the following questions for herself:

Answer These Questions for Yourself

WHAT foods shall I select in planning the day's meals for my family?

Of what value are the different foods to the body?

How much shall I supply during the day?

How can this knowledge of food values help me to reduce the cost of living?

So far as the function of food is concerned, we all realize that it builds new tissue while we are growing, repairs the old and furnishes us with energy to do our work.

We are probably already well ac-

Do You Know What Foods Supply Energy?

quainted with the different foodstuffs, protein, fat and carbohydrate. Of the three, protein is especially the builder and repairer of tissue; with the other two it has "the common function of supplying us with energy—the power

to do work." Minerals also play an important part in body building, and in regulating body processes. If we are to give our bodies what they really need, we must supply them with all these factors, and plenty of water also.

PIN UP THIS LIST OF RELATIVE FOOD VALUES IN YOUR KITCHEN

<i>Foods High in Protein</i>	<i>Foods High in Fat</i>	<i>Foods High in Carbohydrate</i>	<i>Foods High in Minerals</i>
Milk	Milk	Milk	Milk
Eggs	Cream	Cornstarch	Egg Yolk
Cheese	Butter	Cereals	Green Vegetables
Fish	Olive Oil	Potatoes	Fruits
Meats	Egg Yolk	Dried Fruits	Cereals from whole grains
Dried Beans	Bacon		
Dried Peas	Nuts		
Nuts			

Pin this list up in your kitchen; choose foods from each group for each meal, if possible—at least from each during the day.

Certain foods, you will notice, appear under all the headings; that is because most of them contain a little of each of the necessary food elements, but usually one or two in especially large proportions.

Milk, for example, is highest in protein, and yet a quart of milk furnishes enough sugar to make seven lumps. Its sugar is called milk sugar, and it is less sweet to the taste than cane sugar or glucose. Nevertheless it has the same fuel value.

Meaning of "Fuel Value"

"FUEL VALUE:" Here we have a new expression which may require a brief explanation. Perhaps this illustration will help to make it clear. Let us think of our bodies for the moment, as furnaces which give off heat under various conditions.

What happens if we sweep vigorous-

ly, wash clothing, walk rapidly up hill even on a cold day, or run to catch a car? We become hot, often as a result of being what we call "energetic." In other words we are using up energy in doing work.

Whenever we do anything that calls our muscles vigorously into play, we recognize that heat is being given off by our bodies, but we think less about it when we do quieter work like darning stockings, or writing letters. Even less do we stop to think that bodily processes go on "working" with the same effect all the time, whether we are asleep or awake.

What Is a Calorie?

NOW the exact amount of heat given off by the body while a person is asleep, resting, or doing different kinds of work can be determined, thanks to the devices of science. As the yard is the unit used in measuring cloth, for example, so the "calorie" is the unit in which heat output is measured.

Experiments have been made on

Do You Know How to Reckon Fuel Value?

hundreds of persons, and from the results of these experiments we can take the averages and apply them to our own cases. For convenience, all figures have been calculated for the average man weighing one hundred and fifty-four pounds. *Approximate averages of energy spent (heat given off) per hour under different conditions are as follows.

An Average Man Uses Up This Much Energy Per Hour:

	<i>Calories</i>
Sleeping	60-70
Awake—but lying still.....	70-85
Sitting at rest.....	100
Standing at rest.....	115
Typewriting	140
Light exercise	170
Walking slowly	200
Walking actively	300
Active exercise (in general).....	290
Severe muscular exercise.....	450-600

Protein is not completely burned in the body, and there are usually some losses in fuel due to the failure of complete digestion of the foodstuffs, from one cause or another, even as when we shake the furnace we often find good combustible material among the cinders.

In a healthy human being, on an ordinary diet, the fuel value of each food stuff averages as follows:

Protein, 113 calories per ounce.

Fat, 225 calories per ounce.

Carbohydrates, 113 calories per ounce.

How To Reckon Fuel Value of Food

SINCE we know how much heat these produce, we can reckon the fuel furnished to the body by any food containing one, two, or all of them, as milk

8 hours of sleep at 65 calories.....	=	520	calories
6 " " light muscular exercise at 170 calories.....	=	1,020	"
1 " " walking at 200 calories.....	=	200	"
1 " " lying at rest at 75 calories.....	=	75	"
8 " " sitting at 100 calories.....	=	800	"
		<hr/>	
		2,615	"

Using these estimates, can you reckon your energy output for a day? Suppose we take an illustration:

If your weight is one hundred and twenty-four pounds your energy output would be four-fifths of the total, or 2,100 calories. Activity is not the only factor to be considered, but it is by far the most important. If your body has given off all this heat, as a furnace might, what is the fuel for it, corresponding to coal? That is the part which the food must play, and again we are able to determine exactly how much heat each of the foodstuffs can supply the body.

for example. Thus, a quart of milk furnishes 675 calories.

1 pound milk furnishes.....	314	calories
1 " butter ".....	3,488	"
1 " American cheese furnishes.....	1,994	"
1 " roast beef furnishes... ..	1,559	"
1 " salt codfish ".....	515	"
1 " cornmeal ".....	1,613	"
1 " wheat flour ".....	1,603	"
1 " bananas ".....	447	"
1 " dates ".....	1,575	"
1 " figs ".....	1,437	"
1 " cabbage ".....	143	"
1 " lettuce ".....	87	"
1 " spinach ".....	108	"
1 " potatoes ".....	378	"
1 " walnuts ".....	3,199	"
1 " peanuts ".....	2,487	"

* Atwater & Benedict's Hourly Factors.

What Foods Contain One Hundred Calories?

This list, taken from the Laboratory Manual of Dietetics, by Prof. Mary S. Rose, of Teachers' College, shows striking differences in the heat one pound of representative foods can furnish.

It has been found that the most con-

venient basis of comparison among foodstuffs is the amount which will give one hundred calories of heat. The list that follows will give you an idea of a number of different one-hundred-calorie, or "standard portions," as they are often called.

STANDARD PORTIONS—LIST FOR READY REFERENCE

2 medium slices of baker's bread.
 1 ordinary-sized roll.
 2 small baking-powder biscuits.
 1 slice Boston brown bread ($\frac{3}{4}$ of an inch thick, 3 inches in diameter).
 6 Saltines.
 4 Uneda biscuits.
 6 Zuzu gingersnaps.
 $\frac{5}{8}$ cup milk.
 $\frac{1}{4}$ cup cream (top of jar).
 $1\frac{1}{2}$ tablespoons thick cream.
 3 tablespoons whipped cream.
 1 scant tablespoon butter.
 1 tablespoon olive oil.
 1 tablespoon lard.
 1 one-inch cube American cheese.
 2 tablespoons Neufchatel cheese.
 $5\frac{1}{2}$ tablespoons Cottage cheese.
 2 medium-sized apples.
 1 large banana.
 2 cups cranberries.
 $1\frac{1}{2}$ large figs.
 7 small olives.
 1 very large orange.
 4 dates (Dromedary).
 $\frac{1}{8}$ cup Lima beans (dried).
 $2\frac{1}{4}$ cups (of one-inch pieces) string beans.
 $1\frac{1}{3}$ cups cabbage (shredded).

4-5 young carrots.
 4 cups of $\frac{1}{4}$ " pieces of celery.
 2 large heads lettuce.
 $\frac{3}{4}$ cup of canned peas (drained).
 $\frac{1}{2}$ medium-sized sweet potato.
 1 medium-sized white potato.
 $2\frac{1}{2}$ cups of spinach (boiled and chopped).
 $1\frac{3}{4}$ cups canned tomatoes.
 2-3 medium-sized tomatoes.
 2 cups one-half inch cubes of raw turnips.
 1 cup dried beef.
 1 ounce roast beef (ordinary serving).
 1 ball ($2\frac{1}{2}$ " x $\frac{7}{8}$ ") Hamburger steak.
 1 slice (2 " x $1\frac{1}{2}$ " x $\frac{3}{4}$ ") sirloin steak.
 3-6 sardines.
 $\frac{1}{2}$ cup (scant) canned salmon.
 $\frac{2}{3}$ Frankfurter.
 $\frac{1}{2}$ large pork sausage.
 6 clams.
 $\frac{3}{4}$ cup canned lobster.
 $\frac{3}{4}$ cup scallops.
 12 ordinary-sized oysters.
 $\frac{1}{2}$ cup canned shrimp.
 15 almonds (paper shell).
 19-20 peanuts.
 1 tablespoon peanut butter.
 $1\frac{1}{3}$ eggs.

In each of the different amounts of the various foodstuffs, then, there is just the same amount of fuel for the furnace, or, to put it another way, they furnish just the same energy or working power.

The measures of many are very easy to remember.

How To Compute a Day's Ration

Just as we can reckon the fuel value of any single vegetable, fruit, kind of flour, sugar, we can also determine the fuel value of a recipe. Combining such

data allows us to reckon the full calorie value of a day's ration.

At this point it looks as if we were ready to strike a trial balance, and we can do that without reckoning the heat output of each day, and the exact number of calories which our food furnishes us. Our weight will give us at least an approximate estimate, but we must realize at the same time that it does not show necessarily that we are eating the right amounts of the different foodstuffs, that our diet is high enough in the necessary minerals, nor

How to Keep Strong and Healthy

that we are drinking enough water. To determine these points more detailed work must be done.

However, we shall consider only food intake and heat output for the time being. If we are under the average weight for one of our years and height, it argues that we are calling on our bodies to do more work than our food supply warrants, and under such circumstances the body must burn some of its own material as fuel.

An extreme case will illustrate this last idea. In typhoid fever we know that often the body becomes very much emaciated; we speak of people's "burning up" with fever, and unless food of the right sort can be supplied under such conditions, the body is bound to suffer.

How To Reduce or Increase Weight

WHAT happens there to such a marked degree, goes on at a very much slower rate, and yet it does go on, when people constantly fail to supply themselves with as much food as their energy demands.

Of course, other factors may enter in to a great extent under various conditions of disease, but I am speaking only of the person in normal health who is "thin," and wonders why, although she feels well, and apparently eats a fair amount, she does not gain weight.

On the other hand, many of us observe with considerable anxiety that we are gaining, slowly, perhaps, but enough to make us watch that increase critically.

It is well to remember at this point that there is safety on the side of a little reserve—that insurance companies prefer to insure people somewhat over the average weight, rather than under. But if we find that our gain amounts to considerable in two or three months, it is fair to assume that we are offering the body more food than it needs;

under such circumstances there is storage of fat.

Don't Nibble Between Meals

WHEN we set about to reduce weight, we should not expect to do it in a week, nor should we cut out from the diet all bread, potatoes or butter—any one food or foods—but rather eat a little less of all the fuel foods, especially the two important ones, carbohydrates and fats. Certainly we must omit that candy nibbled through the day—for more reasons than that of weight!—also hot chocolate with whipped cream in the afternoon, and other foods of high fuel value which we have failed to take into account because they were not included in our regular meals.

Special Rules For Children

This warning about eating between meals does not apply to reasonable kinds and amounts of food given as mid-morning or after-school lunches to children. That is an altogether different matter. They are growing, building new tissue, besides being very active, and need more food in proportion to their weight and height than adults do.

Later, I shall speak of their specific needs and show how to meet them adequately, and shall also plan other dietaries so that we can judge, by comparison, how much we are eating and how much we are supplying our families.

At present, we can make the simple test of conditions for ourselves and begin to make adjustments, if necessary. Proportions of protein, fat, carbohydrates in the diet, as well as the amounts of minerals, especially iron, phosphorus and calcium will be discussed under the study of the "balanced diet."

Good Health Through Simple Living

Twenty Easy Rules by an English Authority

By MRS. VERNON MAJOR, Academy of Dramatic Arts, London



HERE are twenty simple rules of life that will aid in preserving good health in the homes of our American housewives.

* * *

Good health, physical and moral, is the key to happiness.

* * *

Long life and good health are the common inheritances of humanity. They are your birthright.

* * *

When men lived in the open, sheltering themselves in times of danger in the caves and grottos, eating only the simplest of foods, wearing only the simplest of clothing, disease was almost unknown.

* * *

Disease is the production of the artificial environments and occupations of civilization. This does not mean, however, that ill-health is a necessary adjunct of civilization, but that we must learn, while enjoying all the advantages of civilization, to adhere to the elemental principles that made for health and long life at the less complex period of man's existence.

* * *

Primitive man, like the wild beast, met his death, generally speaking, either through violence or through the natural dissolution of the vital forces due to old age.

* * *

Fresh air and cleanliness are the essential factors, not only in the preservation of health, but in the actual defeat and cure of established diseases. Yet the persistently high death rate from tuberculosis, a disease acknowledged to be caused by the inhalation of germ-laden dust, and for the cure of which

living in the open air is most successfully employed, proves how little we really understand and utilize these two simple means of maintaining and increasing physical efficiency.

* * *

The wide-spread habit of brushing, in the sleeping room, from hats and coats, the disease-filled dust gathered from the street, is but one example of the many ways in which otherwise intelligent people continue to ignore the simplest rules of good health.

* * *

Perhaps the most valuable modern invention in this connection is the vacuum cleaner, which removes the dust without setting it in circulation. With improved types of this useful machine, and the lowering of the cost of manufacture, will come the destruction of that most pernicious evil, the feather duster, and one very definite step will have been taken in the development of purity in our homes.

* * *

It is perhaps almost a matter for regret that the decorative and artistic value of curtains and hangings prevents their banishment, for they are often veritable death traps, permeated with the most deadly germs. Simplify the rods and attachments of your draperies so that they may readily be removed and shaken outside the house, and wherever possible, especially in the sleeping rooms, see that they are of light, dainty material, easily laundered.

* * *

The persistence of health educators has resulted in the growing adoption of sleeping porches in modern homes, and in improved ventilation for sleeping rooms. The value of this cannot be over-estimated, but fresh air circulation

(Continued on page 82)

Who Supplies Our Annual Easter Market?

By MRS. RICHMOND FERMOR



WE call them Bermuda lilies, and most of us probably think that the millions of plants that bloom with miraculous accord in our churches on every anniversary of the Resurrection have actually come in the blooming state from that group of coral islands which seems to have been specially designed by Nature to be the paradise of flowers—a land of enchantment, where the sky is always blue and neither the cold of winter nor the parching heat of summer is ever known.

But as a matter of fact very few actual lilies have ever come to us from Bermuda. For many years she sent us millions of bulbs, which were grown in great greenhouses covering acres of ground around all the large cities, but with the exception of comparatively insignificant consignments of cut buds at Easter, carefully packed and chilled to prevent their unfolding too soon, she has sent us no actual flowers.

And now she does not even send us any considerable portion of our bulbs. The bulk of the supply comes from the original home of the Bermuda lily, namely Japan.

The Easter lily is, therefore, a Japanese plant grown from imported bulbs in nearby greenhouses under carefully regulated atmospheric conditions which insure a simultaneous blossoming a few days before the date of the annual festival of lilies.

As the Japanese lily has displaced the Bermuda lily, so the latter has dis-

placed the Annunciation or Madonna lily, and in time, no doubt, we shall evolve a new lily which will make us independent of imported stock.

THIRTY years ago it was the Annunciation lily (*Lilium candidum*), that adorned our churches at Eastertide. This is the lily of history, the lily that grew in the gardens of Greece and was fabled to have sprung from the milk of Her. From the earliest times *Lilium candidum*, as its name implies, has been a symbol of purity, and therefore it was appropriately chosen to express the heavenly joy of Eastertide.

But in the early eighties a Philadelphia florist by the name of Harris received from friends in Bermuda some lily bulbs, which, he was told, would produce blossoms of unrivaled loveliness, surpassing even that of the Madonna lily.

From these bulbs Harris grew the beautiful, trumpet-shaped blossoms with which we are all so familiar now, and after the fashion of botanists and florists, who think to perpetuate their own often unlovely names by attaching them to lovely flowers, he called the new plant *Lilium Harrisii*.

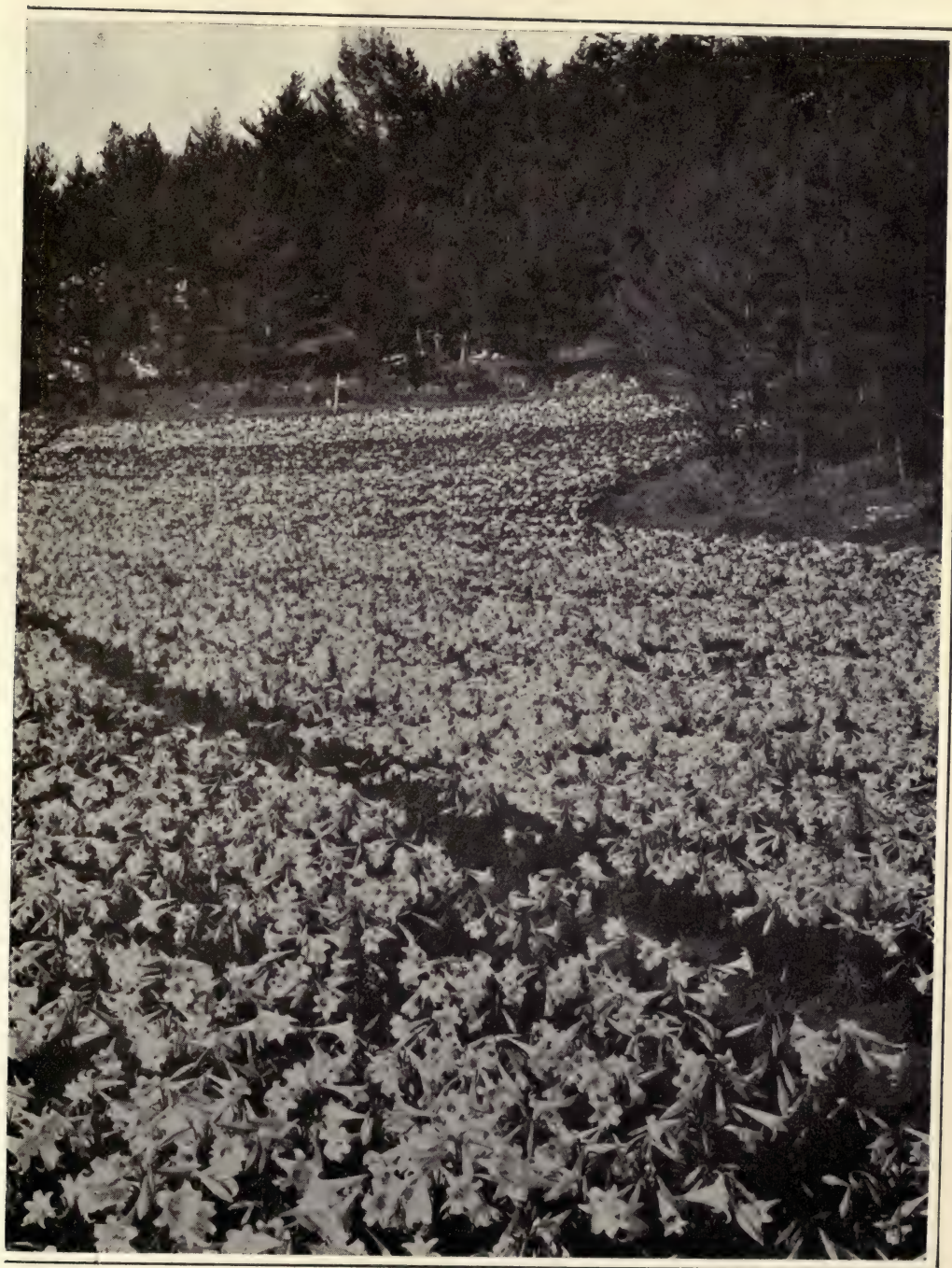
Botanically, the lily is known as *Lilium longiflorum*, the name being derived from its deep trumpet-shaped blossom, and from the original stock many varieties have been developed.

Harris introduced his lily to the American market and its success was instantaneous. Bermuda could not



A BERMUDAN LILY FIELD IN FULL BLOSSOM

THE annual demand for Easter lilies is so great that even fields of this size have proved inadequate to supply the Easter markets and lily growers have had to turn to Japan to reinforce the lily supply from Bermuda.



READY TO DECK THE CHURCHES AT EASTER

FORMERLY, when Bermuda was our only source of Easter lilies, fields of this kind were planted to lilies not only once but several times a year. Only a very small portion of this wonderful lily field is shown in the picture.

Lilies for our Churches Come from Pagan Japan

supply the demand. Fields were planted to lilies not only every year, but sometimes several times a year. There was no rotation of crops, very little fertilization of the soil and no attempt to maintain the quality of the stock. The best bulbs, instead of being kept for propagation, were exported, and to satisfy the demands of dealers who wanted to force plants for Christmas and New Year's bulbs were even dug up before they were ripe.

The inevitable result was that the lily industry in Bermuda died of its own prosperity. Year by year the beauty of the flowers declined, and at last they were attacked by a disease so destructive that from 20 to 60 per cent. of the bulbs exported failed to develop into marketable plants.

LILY-GROWING under these conditions was so discouraging that the florists would have given it up altogether but for the insistence with which their patrons demanded the lily in its season. Therefore they looked around for another source of supply and found it in Japan.

At first the Japanese stock was very uncertain in quality. There was no selection of bulbs for propagation and therefore no uniformity in the blossoms could be counted on.

But the Japanese Department of Agriculture, with characteristic Japanese progressiveness, took the matter in hand, and to-day Japan has developed a lily which is even superior to the Bermuda lily at its best. This is *Lilium longiflorum giganteum*. Its texture is much firmer than that of any other cultivated lily, its color is a dazzling clear

white, and whether on the plant or cut it lasts longer than any other form of *Lilium longiflorum*.

"In every respect," says the Department of Agriculture, "it may be regarded as the ideal lily." In spite of this improvement, however, American importers make a practice of going over to Japan every couple of years to talk to the growers and to select the plants from which they wish their bulbs to be grown.

One advantage which Japan possesses over Bermuda appears to be the fact that it is not a land of perpetual summer. A period of rest under the snow in the land of their origin seems to benefit the bulbs, and a rest in cold storage seems to have a similar effect.

Bermuda was slow in recovering from the disaster which overtook her lily industry, but now she is adopting improved methods and is regaining some of the ground she has lost.

SO great is the demand for lilies, however, that Japan and Bermuda together can scarcely meet it, and there is still much trouble with disease. For this reason, as well as for the commercial advantage of keeping this gigantic flower industry at home, the Department of Agriculture has made many attempts to develop a lily that could be grown at home directly from the seed. Some success has been obtained in California, but as yet the domestic product cannot compete commercially with the foreign one.

For a considerable time to come probably we shall be dependent for the flowers that deck our churches at Eastertide on the lily fields of pagan Japan.



SIMPLE AND SATISFACTORY TREATMENT OF MANTELPiece WHICH LENDS DISTINCTION

How to Furnish Your Home Good Taste in Living Room

By VIRGINIA EARLE

Editor of the Home Decoration Department of the Housewives League Magazine



IT seems, in a way, like putting the cart before the horse to ask of a decorator, as women habitually ask, "what to do with" a room.

Know definitely what you expect a room to do for you, and you will then have solved half the problem of its furnishing. And this is especially true of the living room; a room which, if furnished for a real purpose, rather than for effect, and worthy its name, must answer to every mood and every need—not alone of one member of the family, but of all, with their varied interests to be taken into account.

"CLOSE your eyes for a moment,"

I once heard an eminent decorator say to her audience: "And think what a really truly living room should be!" And the composite answer was: A room to be glad or to be sorry in; to work or to play or to rest in; to read or to visit in; a room which by its cheerfulness will invite us to make merry with our friends, yet by its dignity will command the respect necessary for any place where the serious pursuits of life may go on undisturbed.

Clearly, then, this is not the room for anything too fine for ordinary, everyday use; for chairs upholstered in per-

Make Living Room Meet Family Needs

ishable stuffs; for tablemats and sofa pillows so dainty or delicate that one must be eternally careful lest they become faded or soiled. Nor yet is it a room to be given over to things of little value, meaningless ornaments and furnishings that will stand abuse rather than withstand hard use.

shine, growing plants and, if possible, an open fire as well. And, finally, it must, in all of its furnishings, be supremely comfortable.

And this is not to suppose that comfort is to be had at the sacrifice of beauty or art, or of that indefinite thing we call good taste, any more than to



EXCELLENT ARRANGEMENT OF FURNITURE—ALLOWING DESIRABLE PRIVACY ABOUT HEARTH

Certainly, a room which must be the stage setting for the drama of daily life with all its ups and downs should also afford inspiration and minister to the needs of the spiritual as well as to the wants of the physical man.

IN short, a living room, to be rightly called, should be first of all substantial in character, uncrowded by superfluous furnishings, unfettered by the presence of petty things. After this it must be cheerful in its color scheme with the wholesome stimulus of sun-

say that making some quiet corner of the room especially cosy with a sofa and small table and plenty of soft pillows, need suggest any faintest resemblance to the old-fashioned "cosy corner" which used to disgrace our homes.

ON the contrary, the living room which in its furnishing shows the greatest care for the comfort and convenience of its occupants is pretty apt to be a well-furnished room from every point of view.

Center of Interest About the Hearth

For example, take the four rooms photographed on pages 26, 27, 30 and 31. Here are four unusually attractive rooms—yet why? They are not unusually fine, unusually artistic, unique in any way or unusually anything unless it be comfortable, but that they assuredly are.

together, each with one idea in view.

It is true, of course, that in the logical order of things the arrangement of furniture comes last, but the homemaker who is wise will govern her every choice with this in mind from the start. And as the center of interest in any room where there is a fire-



CAREFULLY WORKED OUT SCHEME OF FURNISHING WHICH PRESERVES ORIGINAL PROPORTIONS OF ROOM

Not alone in the choice of furnishings but in the matter of arrangement has the home-maker in each instance provided for the needs of her family in a way that leaves little to be desired from a personal viewpoint, yet has placed her individual pieces of furniture with an eye always open to the structural plan of things, so that each room has preserved its contour and character as if architect and decorator had worked

place is naturally about the hearth, so that every well-planned scheme of decoration begins at this point, we have selected the four illustrations just referred to not only because the living rooms themselves are "good to look at," but also because they suggest several methods of arrangement, each peculiarly fitted to certain kinds of rooms.

Adapt Furnishings to Structure of Room

LET us take, first, the living room showing the large davenport placed directly in front of the fire and "backed up," as we say, with the heavy oak table—which, incidentally, is so well in keeping with the high-beamed ceiling, the heavy mantelpiece, the panelled wall above and around it, and other details of this "early English" type of room.

Here is one of those cases where the popular plan of the long davenports and table, back to back, is well chosen. In the first place, the room is large, and in the second place with the main entrance doors at the near end of the room, the high back of the sofa affords a desirable privacy about the hearth, while there is ample space for three chairs, if necessary, to be drawn up to the center table without thereby congesting or "upsetting" the order of things.

Wherever the fireplace comes at one end of a long room with the entrance doors in the opposite wall or along the side walls at the other end of the room this favorite arrangement works out to good advantage and, if the room be narrow as well as long, tends to correct the awkward proportions by foreshortening the apparent floor space.

Also it helps to break up the room into different centers of interest, and this should be the decorator's object in the furnishing of any large room, being careful, of course, to preserve a state of balance between its various parts.

But the tendency to-day is to use this davenport and table idea in living rooms of every shape and size, regardless of the fitness of the furniture for the shape and dimensions of the room. And thereby hangs many a tale of money misspent and woeful regret!

FOR example, see that other living room pictured on page 27, where the rather massive type of table has been placed lengthwise in front of the

built-in bookcases along the side wall opposite the hearth.

Here it had been the home-maker's fond dream to have her downy davenport before the tempting logs and the spacious table with its two good reading lamps drawn up directly in back. Her's was a "big room," true, so she could see no objection to her beloved plan, but it was big in the wrong direction, or, if you like better, the hearth came in the wrong place. Consequently when the table and sofa were placed according to her heart's desire it left in effect but a "sit ye down by the fire" place and two small ends of a room with a narrow passageway between.

With the present and better arrangement, the reading table can be comfortably put to its intended use, and three or a dozen persons could gather about the hearth. At one end of the room is a quiet corner for the desk, by the windows, while at the other end, not shown in the picture, are two more comfortable chairs, each with a nearby small table of its own, and an old-style chest of drawers set flat against the center wall space to balance this group of windows in the opposite wall.

Thus, you see, has provision been carefully made for the family circle and at the same time for one who may wish to withdraw from the others and sit alone, while still the proportions of the room as the architect planned it have been preserved.

IN our other living room, which shows the big table facing the fireplace and the davenport (one corner only in photograph) at one side, still another situation has been met and the individual problem successfully solved.

This is obviously a living room where many studious hours are spent; a desk such as the one in the preceding picture, while adequate for social correspondence, would hardly suffice; nor

Preserve Restful Balance in Living Room

was there space or a suitable place or ready means to provide, in addition to a large library table, a generous writing desk for this room.

Consequently, the home-maker in this case wisely decided upon a roomy table-desk, and the George Washington model shown in the picture not only furnishes plenty of elbow room for one who writes on its large, flat top, and space besides for books and two reading lamps, but boasts fourteen good drawers in the bargain.

The Father of our Country, it would seem, believed in efficiency in tables as well as in armies, and many a "father of the family," with no better place than his own chiffonier drawers to put the papers and things that he brings home, whether he ought to or not, would be grateful for the comfort and convenience of a "George Washington" living-room desk.

Note, too, in this photograph, how the square shape of the large room lends itself to the plan of having a big center table, for there is ample space to draw up several chairs without any one of them being in the way. And see how the table itself, with its two tall lamps of even height, seems to balance the shape and weight of the mantelpiece—which, however, had there been a tall candlestick set at either end, or two tall vases, to carry out the same decorative idea as the two lamps, would have been very much better than it is.

FINALLY, coming now to the fourth of our illustrations, we find another popular arrangement of furniture, one delightfully comfortable and decorative whenever a room will permit of it. That is the plan of running two sofas, facing each other, out from the fireplace and at right angles to it. Sometimes, in smaller rooms, two great lounging chairs, preferably of the same size and style, may be used in this

way with good effect, and in most cases, whether sofas or chairs have been so placed, a small individual table is set at the head of each.

In this particular instance the room is sufficiently wide to allow the use of the two large tables instead, and the effect is one of dignity and hospitality on a broad scale.

In rooms where the entrance doors come directly opposite the fireplace such a plan would not, of course, be desirable since no one cares to sit at ease in full view of a hallway, or to engage in intimate conversation with probable interruptions from any one else who chances to pass the door.

But where, as in this example, the entrance to the room is from doors cut in the side walls at the farther end from the fireplace, any one on entering must turn sharply before being admitted to the family hearthstone a comfortable sense of security and privacy is assured.

SO, you see, in this most important matter of the arrangement of furniture about your fireplace, on which all the rest of the scheme should depend, there is first of all to be considered the nature and structure of the room itself.

The fact that you "simply love a davenport by the fire with a table back of it," has little to do with the situation if, perchance, the size and shape of your living room is such that the davenport should be set flat against one of the walls, any large table should be omitted entirely from the plans and smaller tables, also placed against the walls, used instead, with finally two comfortable chairs by the hearth, or possibly only the one big chair and a low bench. Indeed, personal preferences can only enter into the discussion *after* these silent demands of the room itself have been carefully considered and met.

Choose Suitable Decorations for Your Home



DELIGHTFUL COMBINATION OF STUDY AND LIVING ROOM

In only one of the four illustrations just discussed—the first referred to on page 26 has there been any serious attempt at making a suitable over-mantel decoration.

In our first example the stately family portrait with the candle sconces on either side makes a wholly pleasing result; in the second, this decoration of the space above the mantel-shelf has been obviously left for another day, while in the last, the picture hung up there, though of the right shape, is far too small, and in the other living room the dignity of the mantel has been sacrificed to the presence of too many trivial things. But the importance of a well-chosen and appropriate over-mantel decoration for every living room is not to be lightly disposed of and the suitable decoration of the man-

tel-shelf is a no less serious, though simple, matter to be taken into account.

If we would only regard it as a matter of utmost simplicity and let it go at that there would be little to condemn. But the question becomes a serious one because of the continual temptation to display on the mantel-shelf too many things at once or things which do not rightly belong there at all.

Candlesticks and a bowl or a vase for flowers, sometimes a clock, sometimes, if within easy reach, a few choicely bound books; such useful ornaments as these are always in order. Again we may have one or more ornaments solely for ornament's sake, providing only that they be really worthy, or unpretentious reproductions of real works of art, such as a plaster

Simple Ornaments Lend Distinction

cast of one of the masterpieces of sculpture. Finally, a good mirror on the wall above, or a picture of enough importance and of the right shape and size, depending upon whether the wall space is panelled or plain; these are the simple and ever satisfactory ornaments which, with good fire-irons, tongs and the usual fire accessories of decorative copper or iron or brass, lend distinction to the decorations around and above the hearth. See the charming mantelpiece on this page.

FOR the other furnishings of the room, let us keep one thing clearly in mind; and that is that living room comfort is largely a matter of tables and chairs; the right chair in the right place, with the right kind of a table near or beside it.

Few living rooms are provided with enough of the numerous kinds of small tables designed by the cabinetmakers of old and modern days for all sorts of uses, from serving tea or holding a reading lamp by a chair set apart from the rest, to merely providing a stand large enough for the smoker to lay down his match box or flick the ashes from his cigar without having to get up and walk across the room or balance a fragile ash receiver on the arm of his chair.

And do not, I beg of you, forget to provide a place for magazines if yours is one of those households where periodicals accumulate with amazing rapidity over night. The living room table cluttered up with "back numbers" and burdened with all sorts of inconsequential things laid down by every member



DIGNITY AND HOSPITALITY ON A BROAD SCALE

Keep Living Room Informal But Orderly



CHARMING EFFECT PRODUCED AT LITTLE EXPENSE BY USING FURNITURE GOOD IN LINE AND HONEST IN WORKMANSHIP

of the family because it happens to be the most convenient place at hand, loses a large measure of its usefulness as well as all of its dignity as one of the most important pieces of furniture in the room.

Let there be a special magazine table, or rack, or even two shelves in some bookcase or closet set especially apart for periodicals and then let a few of those which are new and of general interest be neatly stacked on the main table, if you will, or laid in a straight row right across one end, thus showing an orderly arrangement even in small details without which no living room can be supremely comfortable.

There is no greater or more common mistake than to suppose that a room to

be "informal" must be more or less disorderly. Only in that living room where there has been made a suitable place for everything, and in which everything for at least a part of each day is religiously kept in its own place, can we find the right sort of mental rest and spiritual refreshment when we seek its comforts with a tired head.

AND remember, in furnishing any living room, that there can be no real life without growth; that a living room should be not only a place wherein we can find rest and good cheer, but in which the eye can look up and find inspiration and the mind reach out to better things.

(Continued on page 88)

"This Shall Be the Sign!"

A Monograph on the Subject of Honest and Dishonest Labels

By DAVID J. HICKEY

You ask a man a question. As you wait for him to answer, you invariably watch his face, because it is a fact well known to you that often when a man wishes to evade a direct answer or to lie to you, his countenance betrays the fact that he is not telling the truth, and in many cases it is not at all difficult to ascertain the fact from the facial expression.

The truth usually comes without hesitation from a man's lips, but a lie is only accomplished with a certain amount of mental effort which is apparent to the careful observer.

The label on a package of food may seem at first thought to be a most inanimate thing, but it expresses the character of the manufacturer quite as well as

his facial expression would, were you to ask him a question about the quality and purity of his product.

If he is producing a food which is above reproach the label is clear and concise, but on the other hand, if he is trying to deceive the purchaser, the label is much like a liar's face—it has an equivocal expression. The statements are apt to be either technical, as regards artificial colors or preservatives, or illucid, as regards the materials from which the product is made.

To the housewife who is neither a scientist nor a perambulating encyclopædia such a label means little or nothing.

This article tells the housewife how to detect fraud in the labeling of the food she buys.



It is approximately ten years since the Federal Food and Drugs Acts were passed, and while in this time much of the adulterated food has ceased to be anything but history, the law still allows the use of over twenty-five drugs, dyes and chemicals in the preparation of foods.

The better class of manufacturers has almost ceased to take advantage of the permission given by the Federal government to dye and preserve their foodstuffs, but there are a certain number of men who, like the poor, we have always with us, and it is this class of manufacturer who is responsible for the doped foods and lying and misleading labels.

There is a string attached to the government's permission to use these various drugs, however, and that is, that in certain cases the presence of these chemicals must be stated on the label

of the package in which the food comes packed.

If the housewife is aware of this fact and takes the precaution to read carefully the labels on all foodstuffs she can protect herself to a certain extent against the frauds which are daily perpetrated against the unsuspecting and long-suffering purchasing public.

Watch for Legally Deceptive Labels

THERE are two varieties of labels which are in common use among the manufacturers who desire to deceive legally. First, there is the evasive and equivocal label; and, second, there is the label on which the presence of the chemicals is stated in purely technical terms. The first fools the housewife without her knowledge and the second confuses her because she cannot understand it.

Deceptive labels are not restricted to

How to Detect Misbranded Foods

any certain class of foods, but they are more often found on flavoring extract bottles, dessert preparations, pie-filler preparations and the so-called "egg savers."

I have before me as I write one of the finest examples of the equivocal and evasive label which I have ever seen. It is the label from a macaroni carton, and while it tells the truth in a perfectly legal manner, still it has deceived a good many thousand housewives all over the country by the cleverness of the wording.

The package bears the brand name in large letters, "..... Egg Brand Macaroni," and has the picture of a beautifully gilded egg on one side of the label. Down at the bottom of the label in much smaller type there appears the statement "Contains no egg"—thus we have an "egg brand" macaroni in which eggs are noticeable by their complete absence.

On my lecture tours throughout the country I have passed this label out to about twenty-five thousand housewives for inspection and have asked them, after having carefully observed the label, to tell me what information they derived from reading it. The majority of them told me that *they were under the impression that the product contained eggs.*

Now the gist of the whole matter is this—the manufacturer of this product called it "..... Egg Brand Macaroni," and printed a picture of an egg in the label to further convey the impression that eggs were used in its manufacture, and then in order to comply with the labeling law he stated in much smaller type that eggs were entirely absent.

He merely took advantage of the time-honored fact, known to all crooked manufacturers, that the housewife does not read the label carefully.

She glanced at the brand name—saw the word "egg"—saw the picture of the egg on the label and at once

jumped to the conclusion that the food contained in the package was made with the use of eggs. *If she had read the entire label carefully she would have learned easily that no eggs were present.*

Thousands of Misbranded Foods Each Year

THERE are thousands of labels of this type with which the housewife may come in contact every year, and she can easily save both her money and her health if she will only take an extra minute to read the label carefully.

Another good example of the legally crooked label is the one to be found on so-called "compound jams."

A compound jam is a mixture of a certain per cent. of fruit juice, together with varying amounts of glucose, sugar, dye and sometimes artificial flavoring. A jam can contain only a very small percentage of the fruit after which it is named and still be called by the name of that fruit. For instance—strawberry jam made up of ten per cent. of strawberry juice, ten per cent. of sugar and eighty per cent. of glucose can legally be termed "Strawberry Jam."

The housewife should study the word "compound"—it is a word by which the unscrupulous manufacturer can defraud her legally, if he desires.

The word "imitation" should also be carefully studied, for it is another method by which the housewife can easily be deceived and not know anything about it.

Housewives Study the Word "Compound"

IN regard to the word "compound," some of the most interesting labels I have in my collection are closely associated with this word. I have here the label from a package of the so-called "egg saver" compound. The label reads in part "..... Magic Egg

(Continued on page 90)

—What Shall We Teach Our Children—

Training for Life Work

By Miss MARY F. RAUSCH

This is the fourth in series: "Why Don't You Go Home?"

Do you know that hundreds of young girls grow up with a very poor knowledge of what it means to be a good housekeeper? They do not know how to have or to keep a strong body.

They do not know how to furnish a house comfortably or to buy wisely in goods and clothing, or to have good sanitation and ventilation or to select and prepare proper food for little children.

Homemaking is the general occupation of most of our women. It is the oldest of our professions, yet few women seem to think it necessary to make special preparation for their work.

In the early days when the home was in a tent, or in a cave, the field of housekeeping was a narrow one, but even

then the woman who cooked the meat of a wild animal better than her sister was admired by the men and envied by the women.

We have better buildings, and a greater variety of food for the family to-day, but women have not kept pace with the progress and too many are content to do their work in the old way, although newer and better things are being added daily to peoples' lives.

Read what a representative of the University of Washington has to say on this subject in the following address which was delivered before the National Convention of American Bankers at Seattle, Washington.



OME housekeepers think that housekeeping is drudgery, but that is because they do not know how to do it in the easiest way so as to make it a real pleasure.

We do not train our candidates for matrimony, but we do train for every other profession. Some people think that because she is a woman all these things come to her, but this is not correct, for there are many poor housekeepers. It is true that there are many born housekeepers, but it is far easier to do work well if one knows how.

The art of home making means happy homes, and is it not a happy home life that makes life worth living?

Half of our housekeepers to-day accept homes that are badly planned with regard to light, heat and ventilation. The sinks, stoves, and tables are much too low for the average woman, and how seldom do we find a window in a clothes closet.

THREE or four years ago I was holding a housekeepers' short course. I noticed a very attractive young woman who attended every session. She told me that she was a university graduate and had two degrees.

She said: "My husband has tuberculosis and my two children are delicate. I am living on a ranch two thousand miles from home and friends, and I have absolutely no idea of the care of my family. I think it is perfectly wicked for a girl to go through a university without being taught something of housekeeping duties."

At another short course I noticed a little girl of about fourteen, dressed in deep mourning. She came every morning at eight and stayed until six.

On Friday afternoon a big rancher waited at the door to speak to me. He said, "I waited to thank you for what this week has meant to my little daughter. Her mother died three months ago.



Courtesy "The Survey"

LEARNING TO BE A "HANDY MAN ABOUT THE HOUSE"

I am very badly off. My ranch is not a success and this little girl will have to keep house for me and five little brothers and sisters. The baby is two. My daughter has been at school from the time she was five years old, but she has never had a lesson in housekeeping. Now she must cook the food, wash the dishes, do the sewing, manage the housework and do the washing because I cannot afford any help."

Large Per Cent. of Women Do Their Own Housework

NINETY per cent. of the women in the United States do their own housework. I hope to see the day when every woman who is going to be married will have to pass an examination on housekeeping before she gets her license.

Every good business man has learned how to systematize and to take the short cuts. Bitter experience often teaches one how to be a good housekeeper.

Many children have to leave school at an early age. In New York it was found that out of about fourteen hundred children under twelve years of age, seven

hundred and fifty-eight did the family marketing, and in three hundred and seven cases the mother was out at work all day.

How to Make a Home in the Country

IN the country there is a wonderful opportunity to build a real home. In a home where there are comforts and conveniences, books and music there is a chance for real happiness.

Often you hear a man say, "I had to move to town on account of my wife and daughters." Perhaps in that home there were no modern utensils, no washing machine and nothing to lighten the work, also no hours for recreation and social life.

Men seem to have more opportunities to meet other men. When I get the men together I have to tell them of the wonderful ways of making housekeeping easier. One farmer told me that my lecture of the previous year had cost him one hundred and fifty dollars because he put water in the house, linoleum on the kitchen floor, bought a new stove, washing machine and other things, and that it was



Courtesy "The Survey"

FUTURE HOMEMAKERS—FORM SEWING CLUBS AMONG YOUR DAUGHTERS

worth it, as his wife was younger and happier than she had been in fifteen years.

Another time I said that the men had everything in the barn that was new and labor saving and I knew some women who had to use an old tomato can for a dipper.

After the lecture a big, shy looking farmer came up and said, "My, you ain't afraid to say things and you made me feel small as a peanut. My wife has that tomato can for a dipper but how did you know it? But I am going to the store now to buy her a good dipper and I'm going to buy a new stove, too."

Teach Young Girls to Make the Best of What They Have

NO girl should be married until she has had a talk about the future finances with her husband-to-be.

There are thousands of young housekeepers who are living on a very small income. Encourage them to have a modern home with gas or electric range, bathroom and so forth, but teach them how to make the best of what they have. They

must get three meals a day, wash the dishes, dress the children, wash, iron, scrub, clean and bake. Why not show them the easy way? How to have nice meals, an attractive table and a pretty home and teach them to have a pride in it.

Every mother and father should see to it that their daughter is inspired with the art of good housekeeping and feels that when necessity arises she can do her own work without feeling that she is doing anything which lowers her dignity.

Drudgery Versus Happy Labor

NO woman should become a slave to her home. She must learn to let things go and not to be ashamed of a little clean dust on the tables or on the piano. There are women who are too clean about housekeeping and who want to polish every nail in the attic floor so as to show that they are good housekeepers and to have everything bright and shiny.

Realizing that the truest and fullest life is to be in the home, as housekeeper and home maker, the twentieth century

Fathers Must Help Train Children

woman prepares herself for her life work.

She learns how to plan her own house that it shall be simple, convenient and comfortable, full of light and sunshine and sanitary in every way. She learns to leave out the drudgery, substituting for it wholesome, happy labor. She learns the wise and economical expenditure of money, how to sew, care for the babies and nurse the sick.

Why Do Women Hate Housekeeping?

SOME women have hated housekeeping because they have not had the proper tools and the right spirit. Everyone bought a sewing machine when they were invented and it must not be long before every woman has a good stove and a good dish washer.

I believe that every woman should have proper utensils so as to get through her work quickly. Men come home and find a tired wife, so they go off to visit a neighbor or they sit down and read the paper for hours.

"Come on Jamie, lets play house," suggested four-year-old Alice to her twin brother. "All right" he agreed, "you get the broom and be the mother and I'll get the newspaper and be the father."

Importance of Home Life to the Nation

WHAT can the woman do for the home and the nation? By being a perfect home maker, she not only makes a happy, perfect home, but her influence is what makes the nation great.

Girls and boys should be taught good manners. Robert Louis Stevenson told us that the Americans had the best hearts and the worst manners in the world. We should be the politest of people. Do not have company manners. Keep your manners polished as you keep your face clean—first, because self respect demands it and second, because respect for your neighbor demands it.

Team Work in Training Children

MEN and women should always work together. It takes two to make a home, the man to build the house and the woman to make the home. Women only can create the homelike atmosphere. But the father should help more than he does in the bringing up of the boys.

I meet many women and often hear them say, "What shall I do with my boys? I have no control over them and my husband says he is too busy to help me in training them."

The American man is generous and gives a good deal but he does not always give his time to his family. A man is out in the world and his opinion is respected by the boys.

Give Your Boy Responsibility

LET the children take responsibility. Have you forgotten the first time you were sent to the store by your mother? Do you remember receiving a little purse and a slip of paper with instructions to the grocer and do you remember how proud you were to bring back a quart of peaches and a package of soda crackers and a few other things? And did your mother give you a penny to buy some molasses taffy, a licorice stick or some other wonderful concoction—and did it hurt you a bit?

Miss Kelly, of Louisiana, told us last year of a little, neglected, underfed, typical farm lad. He wore a coat that had been handed down from an elder brother, and an old hat dragged down over his ears. He was competing for a prize at the pig club. His pig was so large that they had to drive it into the pen cornerwise.

During the day men came and talked to him and asked him how he fed his pig to get it to look like that. At noon he began to stand a little more erect. When Miss Kelly passed at night he was a different lad. His head was up, his shoulders held back and the coat actually

Give Your Children Joyous Home Life

fitted him. He was swelled with pride because he had done more than any other boy or man in the community and he had the look that comes with success.

How to Interest Girls in the Home

SO it is with the girl in the home. She can feel that she is a great help in the family life if she knows how to control materials; to spend wisely. She gains in self respect and in dignity. But she must have money with which to buy things that make life worth living.

Hundreds of girls leave the farm home because they will not live a life such as their mothers led. They see the mother getting old and tired and longing for a little spending money, and they say, "I will never marry a farmer for I shall never have any money of my own."

Many a woman sacrifices her health because she thinks she has to work all day. The curfew should ring for women who are in the kitchen after two o'clock.

All work in the home must be directed toward making the home a better place to live in with regard to happiness and service. No matter how good a housekeeper she may be, the woman who interferes with the comfort of the family and the development of the home is a poor mother.

Teach Girls the Value of Money

EVERY woman should learn to be thrifty, to my mind that does not mean at all to be stingy. "Thrift is the guarding of one's possessions in such a way that they are constantly increasing." Thrift is spending money wisely.

Someone has said that to be thrifty means to be careful of health, time, talent and money.

To be thrifty certainly gives one a sense of self confidence and peace of mind. Happiness consists of earning a little and spending a little less.

Bankers and housekeepers should work together. Our girls should be taught the value of money. I think every girl of twelve should have her own allowance.

It is a wonderful thing and marks the cornerstone of a new development when the American Bankers' Association takes up the work of public welfare and it seems to me a happy omen for the future when they have thought fit to place the woman's side on their program.

These Three Essentials:

Serenity—Hospitality—Love

PREACH the gospel of serenity and contentment. Cultivate the habit of hospitality in keeping within your means. Don't apologize for simple meals. Try to have your meals so pleasant that a guest will feel welcome to come at any time. It is a good thing for us all to have our circle enlarged by the presence of a friend, but live without display and practice simplicity.

The dream of restlessness is with the American people. Let us all try to take life quietly and simply so that we may enjoy health and happiness.

The world is full of bustle and hurry. But in the home there is time for the pressure of a loving hand, a smile. In the home we can meet sorrow and gaiety. Love makes the roof and walls into a home; without its magic touch it is only a house.

Do not grasp at the stars, but do life's work, plain, common work as it comes—certain that daily duties and daily bread are the sweetest things in life.

What the Consumer Should Know About Oranges and Grapefruit

By L. D. JONES

Business Manager of the Florida Citrus Exchange



PROBABLY many persons who are habitual consumers of Florida oranges and grapefruit have not the remotest idea as to how this fruit is really produced.

It is likely that if they were asked the question as to the method of producing these delicious fruits they would express the idea that they were grown pretty much without care or cultivation. This is entirely erroneous, in fact there is no other kind of fruit grown commercially that requires as much care and constant attention as citrus.

A detailed history of the making and cultivation of an orange or grapefruit grove and the picking and preparing for shipment of the crop is very interesting.

Oranges and grapefruit are planted, cultivated, fertilized and treated all the way through almost identically alike. The first step is the planting of the seed to grow nursery stock, which usually grows large enough to admit of budding at the age of two years, then the most important step connected with the entire citrus industry is the selection of bud wood from well known, guaranteed, standard varieties, true to name.

As much care is exercised in selecting stock from which to take the buds for the use of budding the nursery trees as is exercised by stockmen and poultrymen in selecting their brood animals, it being very important to select from prolific bearers in order to insure fruit trees that will bear prolifically every year. This has only been practiced in Florida in very recent years; the importance of it never having been fully recognized until recently.

In this way the drones are fast disappearing and nurserymen who furnish young trees for planting, otherwise than those described, can see their finish at no great distance in the future.

After the young nursery stock is budded the trees are ready for transplanting

in one, two or three years. Therefore, it is seen that it requires three years to grow nursery stock from seed to bud before it is ready for planting.

The preparation of the ground is the next important item, the ground being plowed and smoothed over in much the same manner as though it were being prepared for corn, wheat or any crop of this nature.

It is then staked off according to a diagram, the most popular, probably, being the diagram allowing seventy trees per acre. This is done with great care in order that the grove may be cultivated in two different ways.

Shallow holes are then dug six to eight inches deep, the roots of the trees being carefully trimmed and distributed in these holes and two or three gallons of water applied to each tree thus planted. June, November and February are usually the months selected for this work.

Trees thus set out are always carefully defoliated and cut back as a rule to a length of sixteen to eighteen inches, when after three or four weeks they begin to put out small shoots. In about three years after planting, the owner may expect to see a fruit here and there on the trees, provided he has taken good care of them. At the fourth year they will show quite a sprinkling of fruit and the fifth year should pay their own way.

In the interim it is just as necessary and important to cultivate and fertilize the young grove as it is to cultivate a corn crop, providing you expect to make a crop.

It is shown, therefore, that the producer has at least four years of expense and up-keep in growing a grove before he can hope to arrive at a point where his grove is self sustaining. After the age of seven years a grove that has had proper care will show the grower an income, provided he has the proper connection through which to make this fruit.

It was this lack of facilities for mar-

Coöperation in Handling Fruit

keting citrus fruits that gave birth to coöperation in Florida six years ago.

Conditions had become so bad that the grower instead of realizing a profit from his fruit was showing a net loss. Some forty or fifty of the more progressive growers at that time, realizing that something had to be done to save the industry, made a trip to California to study their coöperative methods of marketing and they learned while there that California had a few years before been in even a worse condition than Florida, fruit selling at an average price of ten cents a box, when in reality it cost fifty cents a box to grow it. Through their coöperative methods, in a few years, they had brought the price up, showing the growers a nice profit, and had doubled, and trebled in many instances, the value of grove property.

After these gentlemen returned from their trip of investigation, Florida organized in identically the same manner that California had organized, and in the six years that the growers in Florida have been working under coöperative methods it has practically repeated the story of California, although never more than thirty per cent. of the fruit of Florida has yet been marketed under coöperative selling.

Notwithstanding that, it has acted as a balance wheel, it has revolutionized the grading and packing and preparing for shipment of our fruits over the old time methods.

It was thought by many, not later than seven years ago, that to wash an orange was to ruin it by inviting decay. It was not known that the rough handling of this tender fruit would invite decay. But the progressive growers, those of the calibre who had the courage to make a trip across the continent and back again to build and equip packing houses after the style and plans they had seen in California learned the value of careful handling, and to-day, if you go into any of the groves of those who are working coöperatively you will find the pickers all

wearing canvas gloves to avoid finger-nail cuts in the fruit, clipping it from the twigs with an improved clipper with which it is practically impossible to damage the fruit, placing it carefully in padded canvas bags, emptying it into a box with rounded edges and corners, where it is placed on wagons provided with springs, delivering it to the packing house absolutely sound and free from any mechanical injury.

It is placed in washers, carefully washed, dried and polished by means of paraffine. Then it is carefully graded for color and quality, being conveyed to canvas-lined bins through a sizer which mechanically records the absolute size of each fruit and is then carefully packed into a box for shipment. When these boxes are placed in the car they are nailed fast with cypress strips in order that the boxes may not shift, and a car thus loaded, unless it should be wrecked, arrives at market with the fruit in identically the same position and condition that it was when it left the packing house.

To pick, haul and prepare a box of fruit under the methods that are now employed when it is placed in the car and ready for shipment, has cost the grower an average of sixty cents per box. This is exclusive of the price to produce it, which is a mooted question among Florida growers, but we believe that it costs an average of forty-two cents per box to grow citrus fruit.

The total number of boxes shipped out of the state of Florida last season were nine million five hundred and seventy thousand three hundred and eleven boxes.

The crop that we are shipping at the present time is estimated at eight million boxes, this being what is called the lean year. Next season should be our fat season and with the volume of fruit that this acreage is capable of producing, it is folly to discuss as to how it may be marketed with a profit to the grower otherwise than through cooperative methods.



Keep Children off the Streets

CHILDREN'S free hours should be spent in wholesome, supervised activities—not in idling in the streets. Every community should provide for children's spare hours.



EVERY COMMUNITY NEEDS A PUBLIC PLAYGROUND



Take Children to Country

FUTURE citizens cannot grow up into useful men and women without plenty of fresh air and healthful play. These should be provided by the community.



Has Your Butcher a Diploma?

Does your butcher know his business? It is a position of trust and the public health is dependent upon him. There was a time when a butcher had to have a diploma. This interesting reminiscence is well worth thoughtful consideration. It may not be amiss if you tell it to your butcher.



HE standing in the community of the butcher of the olden days is recalled by a diploma hanging on the wall in the private office of Jacob E. Decker & Sons, the Mason City, Iowa, meat packers.

In those days the profession of butcher, fleischer or metzger was an especially high and honorable one.

None but skilled and upright men could get their much coveted diploma, which showed the world that they had passed the apprentice class and were considered able and capable masters of their profession, fit to receive master's wages in any part of the world. To secure this diploma was no easy task. It meant beginning at the very lowest rung of the ladder in the slaughterhouse, at an age when the boy of to-day is getting ready to attend kindergarten class.

He worked his way by slow degrees and hard work through every branch of the business, and never advancing to a higher position until every detail of his previous work was thoroughly mastered. Gradually he became more skillful and finally came to be an expert cutter.

How Diploma Was Earned

IT was a hard training and took many years of heart-breaking work, but once graduated and in receipt of his diploma, the butcher was amply repaid.

This ancient diploma shows how rare it is for a family to stay in the trade as long as the Decker family.

How different the career of the retail market man of to-day!

The modern butcher commences at the top, and has all the modern conveniences and labor-saving machinery of all kinds.

It is an old joke that a live hog can be put into one end of a machine and he comes out at the other end in all his finished products, from the purest lard and sausages all seasoned to taste, to ham sandwiches with mustard on them!

But it is almost true that nothing is lost but the squeal, and that is used for dance music in gramophone records!

Most of the hard work of ancient days is now eliminated. Anyone who can split a pig and trim a ham calls himself a butcher. So he is, in a way. But he is not the thoroughbred expert such as could earn a diploma like that on the wall of Mr. Decker's office in Mason City, Iowa. He could not be; he has not the training.

Old Diploma Pride of Family

THE following is a copy of the Decker diploma, which is beautifully engraved on vellum or parchment, highly colored and embossed in the ancient illuminated style of the seventeenth century, and of which the Decker family is so justly proud:

"We, the Guild and sworn Master-workmen of the Most Honorable Butcher's Guild of the Noble Counts' residents of the city of Neuwied-on-the-Rhein, do hereby acknowledge that to-day has appeared and come before us in our assembly, the honorable and modest journeyman, JOHAN JACOB DECKER, a son of the honorable JOHAN CASPER DECKER, a citizen and Master butcher of this city, who according to our butcher guild's constitution, is a lawful son; that for the reason of his learned butcher's trade we grant him a Christian certificate, and that a butcher's son who learned the trade from his father, and who is of good conduct and honest behavior, it would be of no necessity whatever for him to serve any longer as a journeyman; and


(Continued on page 93)

Potatoes Rich in Food Value A Dozen Ways to Serve

Lecture at National Headquarters

By MISS EMMA BOSSONG

Domestic Scientist to National Housewives League

OTATOES, being one of our chief sources of starch, are an important and valuable item in the diet and are worthy of more consideration than is usually accorded them by the housewife.

There is hardly a food that is served with less variety than the potato, and yet there is hardly a food that lends itself to so many different, appetizing methods of preparation as this humble, uninspiring vegetable.

Plain, boiled potatoes appear with a deadly monotony on the table in most homes, and there is a surprising lack of interest in cooking them in such a way as to make them mealy and inviting.

THE most wholesome method of cooking potatoes is to bake them, for in the baked potato the starch has undergone the first change in the process of digestion.

When starch is heated in a dry heat to a high temperature a chemical change takes place. It begins to turn brown and becomes somewhat gummy. This change is the first step in the conversion of the starch into a form of sugar, called dextrose, in which form it is finally taken into the system. Starch is never assimilated as such, but always in the form of dextrose.

Thus, the importance of thoroughly cooking starchy foods can be readily understood. It is this fact that makes the baked potato a more healthful method of cooking potatoes than boiling. Badly cooked potatoes are responsible for much of the intestinal trouble so prevalent today, for if starch is not properly cooked,

too much strain is laid upon the digestive organs in converting it into assimilable form.

IN boiling potatoes one often notices that the outside of the potato becomes soft and begins to break while the inside is still hard. This is because the water is boiling too fast. When this happens, throw in a cupful of cold water, which will check the boiling, and let the potatoes come slowly to a boil again.

This prevents the outside of the potatoes from becoming further broken, while the inside continues to cook in the heat which has already penetrated to the center.

If one wishes to obtain the greatest possible amount of nourishment from boiled potatoes, they should be cooked with their jackets on. The skin of the potato serves to hold in the starch and valuable minerals which otherwise would be dissolved out of the potato and thrown away with the water.

The housewife who demands snowy, white potatoes, however, will be obliged to sacrifice nourishment to appearance and pare the potato before boiling.

Try This Experiment in Your Kitchen

A SIMPLE home experiment can be performed by any housewife in her kitchen to give her a concrete idea of the large proportion of starch contained in the potato, and will perhaps serve better than any lecture on the subject to convince her of the importance of the potato as a source of starch.

Peel and grate a medium-sized potato. Then squeeze the pulp in a square of cheesecloth. The starch, minerals and water will wash through the cheesecloth

How Much Starch in One Potato?

and the woody fibre, or indigestible portion of the potato, will remain in the cloth.

The starch water which has washed through the cheesecloth will have a brownish appearance, due to the presence of acids in the potato. This will disappear if the water is carefully drained off and the starch is washed in clear water. The washing and draining can be continued until nothing is left but the starch, when the solution will be perfectly white.

To prove to yourself that this residue is starch, pour boiling water on it, slowly, stirring all the while. The starch will thicken and become transparent and act in every way like laundry starch. In fact, the starch obtained from a potato can be made to serve the purpose of laundry starch if one has run short of starch. One medium-sized potato will yield enough starch to starch two or three thin waists.

After separating the ingredients in the manner described above, it will be found that one medium-sized potato contains approximately three-quarters of a cupful of starch, half a cupful of water, half a cupful woody fibre, half a cupful of skin and an indeterminate portion of mineral matter.

POTATO starch, besides being useful for laundry purposes, can be used to make very delicate and delicious cakes.

Potato water makes a valuable addition to bread sponge, for it not only supplies extra starch for the yeast to feed upon, but it also makes use of the mineral salts dissolved out of the potato while cooking which would otherwise have been thrown away.

There is such a variety of combinations in which the potato can be used that one could live for a long time on potatoes as the chief article of diet. They could not be used exclusively, for they contain starch in too great proportion, but with the addition of a very few

other foods, such as milk, eggs, and a few fruits and green vegetables to supply minerals, one could live almost entirely upon potatoes.

Careful computations of the food value of the potato show that a medium-sized potato will supply to the body one hundred calories, which is the amount furnished by a very large egg, a glassful of milk, one banana, a sauce-dishful of prunes, one thick slice of bread or a small serving of beans.

Best Way to Boil Potatoes

WHEN potatoes are boiled with their jackets on, they should be washed and a narrow band of skin cut from the center. This tends to let the steam escape more rapidly and renders the potato more mealy and palatable. It also makes it easier to remove the skin.

Potatoes boiled in this way are palatable for several hours if kept hot on the back of the stove.

Select potatoes of uniform size. Wash, pare, and drop at once into cold water to prevent them becoming discolored. Cook in boiling, salted water until soft, but not until broken.

For six medium-sized potatoes allow one tablespoonful of salt and boiling water enough to cover.

When the potatoes are done, drain off the water, place the uncovered kettle on the back of the stove, and let them steam until serving time.

How to Bake Potatoes

SELECT smooth, medium-sized potatoes. Wash, using a vegetable brush. Bake in a hot oven for about 45 minutes, or until soft. Remove from the oven, break the skin slightly to let the steam escape, and serve at once.

Stuffed Baked Potatoes

A NICE way to vary baked potatoes is to cut a slice from the top of each and scrape out the inside. Mash, season with salt, pepper, chopped parsley (if liked), and butter, and heat in a little

Variety Adds Zest to Diet

hot milk; add two well-beaten whites of eggs. Refill the skins, sprinkle with grated cheese, and bake in a hot oven about six minutes.

Recipe for Shoestring or Julienne Potatoes

WASH, pare, and cut into eighths lengthwise. Soak in cold water one hour; drain, and dry between towels. Fry in deep fat, which must not be too hot. Drain on brown paper and sprinkle with salt.

Recipe for Panned Potatoes

CUT cold, boiled potatoes into quarter-inch slices; dredge lightly with flour and fry in pan with a little butter. When light brown, heap on side of pan; let stand a few minutes, then loosen with a knife and turn out on a platter in much the same way that an omelet is taken out. Sprinkle with salt and serve at once.

How to Make Hashed Brown Potatoes

CUT cold, boiled potatoes into small pieces (2 cupfuls), season with salt and pepper, cook three minutes in one-third cup bacon drippings, stirring constantly. Let stand a few seconds to brown underneath; fold like an omelet, and serve on a hot platter.

Two Ways of Making Creamed Potatoes

THERE are several different ways in which creamed potatoes may be prepared.

A common way, is to cut cold, boiled potatoes into small cubes and serve heated in cream sauce.

Another method is to wash, pare, and cut potatoes into small cubes. Put into frying pan with a few slices of onion cut up very fine, and parboil ten minutes. Pour off water. Add one tablespoon butter, seasoning of salt and pepper, and milk enough to cover.

Cook for fifteen or twenty minutes, or until the potatoes are well done and the sauce thick and creamy.

It is necessary to stir the potatoes frequently to prevent sticking. The starch in the potatoes thickens the sauce.

Recipe for Scalloped Potatoes

WASH and pare potatoes; let them soak for a half hour; then cut in one-fourth inch slices. Butter a baking dish, put in a layer of the sliced potatoes, sprinkle with salt and pepper, dredge with flour, and dot over with one-half tablespoon of butter. A little grated cheese may be sprinkled over each layer if desired. Repeat until the baking dish is nearly filled, then cover with hot milk. Bake one and one-quarter hours in a moderate oven.

Recipe for Saratoga Chips

WASH and pare the potatoes. Cut in thin slices (using vegetable slicer preferably), and drop at once into cold water. Let soak two hours, changing water two or three times; drain, drop into boiling water, and boil one or two minutes. Dip out with skimmer and plunge into cold water again. Take from the water, dry between towels, and fry in deep fat until light brown.

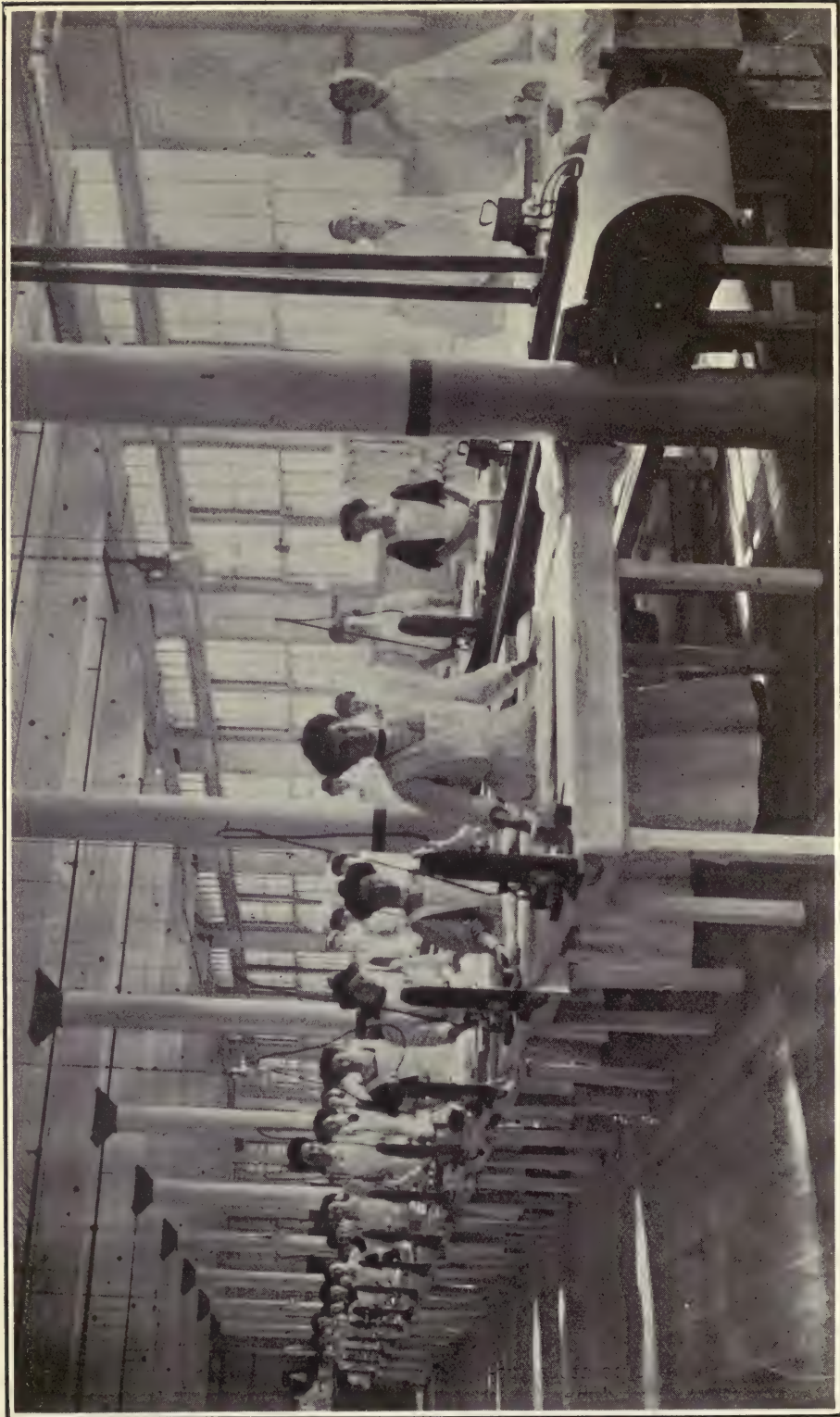
Recipe for Riced Potatoes

FORCE hot, boiled potatoes through a potato ricer or a coarse strainer into a hot dish in which they are to be served. Mashed and riced potatoes may be browned by placing the dish in the oven for a few minutes.

How to Make Nourishing Potato Soup

- 3 potatoes of medium size.
- 4 cups milk.
- 1 small onion.
- 4 tablespoons butter.
- 2 tablespoons flour.
- 1½ teaspoons salt.
- ¼ teaspoon celery salt, or
- 2 tablespoons celery, cut in small pieces.
- 1 teaspoon chopped parsley.
- Little cayenne pepper or paprika.

BOIL the potatoes and when soft rub them through a sieve. Slice the onion and scald this and the celery with the milk. Take out the onion and add the milk slowly to the potatoes. Melt two tablespoons butter, into which mix the dry ingredients, and stir into the boiling soup. Boil one minute; strain, add the remainder of the butter, and sprinkle with the parsley when ready to serve.



IS YOUR LAUNDRY DONE IN A SANITARY PLACE LIKE THIS?

This is the sort of laundry which the National Housewives League endorses—fresh air, sunshine, plenty of space, absolute spotlessness, both of employees and equipment—these insure good work and contented workers.

Household Laundry Methods

Lecture Delivered at National Headquarters

By MISS ISABEL LOUNT EVANS



THE weekly washing is one of the most important sanitary measures of the household, as it prevents the soiled clothing from becoming dangerous to the wearer.

The skin, as we all know, acts as a heat-regulating apparatus, through the evaporation of perspiration. The wastes of the body are also eliminated by it in the form of secretions. These, with pieces of dead skin, are taken up by the clothing and after a time the limit of absorption by it is reached and it becomes damp and sticky—it has lost its absorption power and has become unwholesome. Clothes worn next to the body should be porous—and this condition is restored by washing.

The primitive method of laundering depended almost entirely upon the action of the running water of streams, and the solvent power of the water was relied upon to remove all the soil from the clothes.

A study of the matter with which our clothes become soiled has taught us that some sorts of soil, which are insoluble in water and soap, are soluble in an acid or alkali, and if we understand chemistry and textiles such agents may be employed in removing the stains without injury to the fabric.

The first step toward gaining the necessary knowledge of laundry methods is to know something of the nature of the fabrics to be laundered and how they respond to the different agents used in the laundry.

The fabrics that are most commonly dealt with are of animal and vegetable origin—silks and wools being the most important animal fibres, while cotton and linen are the vegetable.

Animal fibres—that is, silk and wool—require much more care than those of vegetable origin, as they are easily injured.

Take wool, for example. The wool

is a tubular fibre covered with overlapping scales much like those of a fish. When the fibre is wet it expands and these scales project their edges. If wool material is rubbed while wet or if a strong soap is used or if the fabric is exposed to great heat, these scales interlock, the fibre shortens and the garment shrinks.

How to Treat Woolens

DILUTE acids are not injurious to wool. This means that if your garment has a stain which responds to acids, it can be removed. Woolen goods should be gently soused—no friction used—a neutral soap such as Ivory should be employed, always in solution, and most important, the temperature of the water for both washing and rinsing should be even.

When ironing woolens a piece of cheesecloth should be placed over the garment and a warm, not hot, iron used.

Silk should be treated in the same way, although it does not shrink like wool. It is affected by alkalies, by concentrated acids and by heat.

The vegetable fibres—cotton and linen—are tougher and less affected by chemicals, temperature and friction.

What Are the Best Cleansing Agents

AMONG the laundry cleansing agents are two classes of chemicals known as acids and bases. They possess a characteristic property—the power to unite with each other to form a third substance called a salt. They are therefore said to neutralize each other. The chief laundry bases are known as alkalies—such as lye, washing soda, ammonia, borax.

Acids have no action on cotton or linen unless they are allowed to dry on the fabric and are subsequently ironed.

To sum up: Silks and wools must not be boiled, nor rubbed, nor must

How to Remove Stains



CORRECT WAY TO HANG WAIST TO DRY

Thick parts of waist—cuffs, collar and yoke—should be hung so that they may be exposed as much as possible to the air, thus allowing whole waist to dry at once.

they come in contact with the soap, which must be neutral. Cottons and linens, on the other hand, should be boiled and rubbed and should come in contact with the soap.

An exception must be made of colored linen and cotton goods, which should not be boiled.

Method of Cleansing Depends on Kind of Stain

THE next step necessary will be the knowledge of the kinds of soil or stain to be removed. Soil is either organic or inorganic. Organic stains come from animal and vegetable sources. Inorganic matter comprises such chemicals as acids, salts, etc.

The animal stains with which the laundress most frequently has to deal are made by meat, blood, egg, milk, fats, perspiration and bacteria.

The most common vegetable stains come from vegetables, fruits, oils and mildew.



HOW TO TREAT SOFT FRILLS

Flat iron must be practically cold. Use extreme edge of back of iron and scrape material towards worker.



Advice from Laundry Expert

Inorganic stains are made by medicine, ink, paint, minerals, acids, alkalis and wagon grease.

Most of the animal stains are held in by albumen, meat stains generally combining fat with the albumen. Cold water dissolves albumen and fat stains may be washed out with cold water.

Vegetable stains are held in by sugar and fats. Cold water dissolves sugar, but hot water does it quicker. If you are positive that a garment is stained by fruit juice use hot water to remove the stain. If cream or fat is mixed with the stain use cold water.

It is the inorganic type of stain which requires the most knowledge of chemistry. As a class these stains will not respond to water and soap, so chemical solvents must be used.

It now remains to classify the methods of removing stains. This is accomplished by means of solvents, absorbents, detergents and bleaches. Water is the chief solvent and soap increases its solvent power. Acids, and alkalis convert those substances which are insoluble in water and soap into a liquid state and they there unite with the water and are carried off with



INCORRECT WAY TO HANG WAIST TO DRY

If hung in this manner, body of waist will dry long before cuffs, because moisture is draining into them.



HOW TO STARCH EVENLY

Never squeeze starched parts between fingers. Wring them with firm, twisting motion of the hands.



Use Bleaches With Extreme Care

the dirty water. The absorbents are blotting paper, starch, Fuller's earth, etc. Detergent is a soap solution with ether or chloroform.

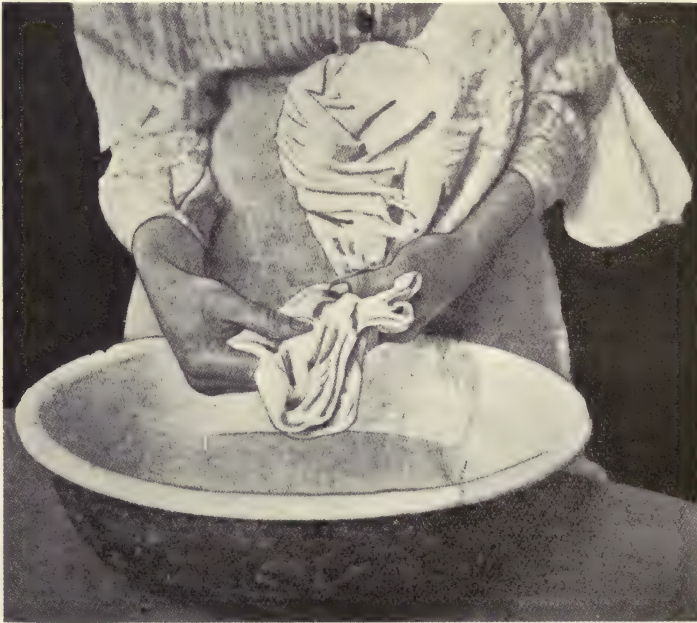
Bleaches to be used on white goods only are sunlight, oxygen gas, sulphur, chloride lime, potassium, permanganate, etc.

How to Make Javelle Water

JAVELLE water, which is one of the best known and most commonly used bleaches, is made as follows:

One pound washing soda, one-fourth pound chloride lime, one quart boiling water and two quarts cold water.

Put soda in agate pan and add the boiling water. The lime is mixed in cold water. After the mixture has settled, pour the clear liquid into the dissolved soda. Keep in a dark place. Use equal quantities of Javelle water and hot water to remove stain and rinse thoroughly—first in hot, then in cold water. Ammonia should be added to the final water.



HOW TO PLACE A GARMENT IN STARCH

Fold garment to be starched in half so that starch will be absorbed evenly, taking care that no other part of garment besides that wished stiff comes in contact with starch.

Always Buy Good Grade of Soap

In buying soap always get a neutral and a light-colored kind. An aniline soap is the best to use, as it is soluble in water. It is generally sold in drug stores.

It is always a good plan to have a soap solution made up before beginning the washing, as it saves time. The proportion generally used is one pound of soap chips to five gallons of water. The clothes should be thoroughly washed and rinsed before boil-

ing, and subsequently rinsed in hot and cold water.

One ounce of the powdered bluing makes one gallon of liquid blue, which will keep indefinitely. It is important that all soap should be washed out of the goods before bluing, otherwise one is likely to find iron rust in the clothes.

Wheat starch is best to use for ordinary purposes, but for collars and bosom shirts a combination of wheat and corn is preferable.



Illustrations by courtesy E. P. Dutton & Co., N. Y.

HOW TO WRING FROM STARCH

Wring out as dry as possible. Hold material in hands in such a way that it is twisted in one direction by the left hand and in the opposite direction by the right.

How the Housewife Can Economize in Buying Canned Goods

By G. W. DRAKE

Secretary of the Western Cannery Association



THAT economy is to-day the watchword of every household no one questions; in fact, I doubt very much whether there is another word known to civilization around which centers so much of the world's deepest thought.

Economy reaches every avenue of life from the home to international problems, engrossing the attention of the mightiest intellects as well as the most simple. All have their part to perform, and recognize that in the end it is profound, subtle economy that wins.

The housewife therefore has no small question to settle when her grocerman presents, in response to her inquiry, two cans of corn, which she examines very carefully.

Being only able to see the exterior, and both cans look attractive, she is beginning to think that her choice will be a matter of the prettiest label. The merchant informs her that the price of one can is six cents and the price of the other is twelve cents. Thinking of the contents of the can, and again carefully examining the labels, she discovers that one can is so-called fancy, while the other is so-called standard, and after carefully debating the question to herself, she concludes that, after all, they are both corn, one doubtless as sanitary as the other, but by buying the cheaper can she can make a saving of one hundred per cent. and thus add her mite in helping to solve the great question of the world's economy.

This may seem trivial at first thought, but let me say to you it is the greatest question with which our industry is confronted and holds within its grasp the future of the canning business, because every day there are thousands of

individual questions being settled like the above, which, unfortunately, is against the best interests of both the consumer and the manufacturer.

It will be my purpose to tell you briefly why the best interests of the consumer and the manufacturer suffer by this decision and the difference of the contents of the two cans of corn.

Before doing this I want to get clearly before the mind two things; first, that all corn is canned with an idea of a given *consistency* (density or thickness); second, the more mature (old or tough) the corn is before canning, the more liquid has to be added in order to get the consistency mentioned.

In a nutshell, the tenderer (younger) the corn when being canned, the less syrup or water; the older (tougher) the corn when being canned, the more syrup or water it requires to give the consistency mentioned.

The difference in the liquid used in the cheap corn and that used in the higher priced is that the latter has a syrup made of one hundred and fifty pounds of the very best granulated sugar and fourteen pounds of salt to one hundred gallons of water, while the cheap corn has nothing but the salt; in other words, the syrup for the fancy corn costs the canners eleven cents per gallon and the cheap corn seven mills per gallon.

The reason I am telling you this is because I am going to use it directly.

The average net contents of a can of corn is twenty ounces. The cheap corn has from eight to twelve ounces of salt and water and eight to twelve ounces of mature corn per can, which is dependent entirely upon the maturity or age of the corn. The fancy corn has from two

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HOW TO DRINK FROM A BUBBLING FOUNTAIN

IF improperly constructed or improperly used, the bubbling drinking fountain may be a greater menace to health than any of the so-called common drinking cups.

The other day an inspector of the United States Public Health Service took a seat beside a bubbling drinking fountain in a railway station and watched the way in which it was used. Forty-seven different persons, of whom eleven were men, twenty-two women and fourteen were children used the bubbling fountain. In almost every case the lips were placed almost completely around the metal ball from which the water spurted, and one small boy seemed as if he were trying to swallow it. Several of the men obviously were chewing tobacco. Of the forty-seven people, three looked as though they might have tuberculosis, and three had an eruption upon the face.

Every person using the bubbling drinking fountain should bear in mind that the object of this sanitary device is to prevent the interchange of mouth secretions. When mucous and other mat-



ter becomes attached to metal it sometimes requires considerable force to remove it, and this is not always accomplished by a slowly moving current of water. In using the bubbling fountain the rule should be "Bite the Bubble." The lip should not touch any part of the fountain, and under no condition should the fountain be used for rinsing the mouth or for expectorating.

Clean Flour Campaign Wins New Successes



UR campaign for clean flour this month has been an especially encouraging one, and although the shortest month of the year we have succeeded in winning over a number of the grocers, who up to this time had not been co-operating with us, all of which we could have accomplished with half of the labor and in less time if our League members were insisting on receiving their own flour in sanitary sacks.

The question of getting "clean flour" permanently, will eventually be only a question of "demand" on the part of the buying public. Isn't it well worth any effort it may be to secure it?

Until the League started its campaign for clean flour, few of us had ever given "flour" a thought. "Milk" had had our thoughtful attention, our drinking water

and a dozen other necessities had been investigated, but "flour" had never received our consideration.

We recognize that flour very readily absorbs germs, moisture and odors, yet some of us calmly accept flour that has been shipped and stored in places where it could not avoid contamination, when packed in the porous cloth bags.

There is only one remedy, the flour must be packed in containers that protect it properly. Non-porous paper sacks do this.

We might take a lesson from the small boy of the family who was playing at "buying groceries" the other day. Stepping to his toy telephone he called up the "grocery man" and said, "Send me some flour right away, and send it in paper bags. If you don't send it in paper bags I shall send it right back."



PREPAREDNESS FOR EASTER—AND PREPAREDNESS AT ANY PRICE



FUTURE HOUSEWIVES, HAPPY IN THE PROSPECT OF ANNUAL EGG-ROLLING FESTIVAL
ON LAWN OF WHITE HOUSE AT EASTER TIME

Meatless Dishes to Serve During Lent and Easter

Timely Suggestions from the Housewives League Kitchen



N omelet is one of the most difficult dishes to make from a recipe. The French excel in the making of this delicate, puffy mixture, but comparatively few Americans have acquired the knack. It is almost essential that the process be watched before one attempts to put an omelet together, for its success is largely a matter of skill.

If one has occasion very often to make an omelet it will be found worth while to provide oneself with an omelet pan made especially for the purpose, which will render the work a little easier and success a little surer. A small-sized fry pan can be used, however, and will produce good results. Whatever the utensil used, it should be absolutely clean and smooth when the omelet is put into it.

The beginner does well not to attempt to make an omelet for more than one or two people at a time. It is rather difficult to manage a mixture of more than two eggs until one has acquired considerable skill in manipulation.

There are almost as many ways of putting an omelet together as there are

cooks to do it. The main point is to whisk the ingredients together so swiftly and deftly that the omelet has not time to fall.

The method here described for preparing an omelet is a safe one to follow, and experience will probably teach the beginner how to vary the general rule to suit her own needs.

Into a perfectly smooth omelet pan place two tablespoonfuls butter. Allow the pan to become luke warm, *but not hot*.

Beat two eggs until they are creamy and add two teaspoonfuls water and a dash of salt. Pour the mixture into the pan and place it over a low flame.

The egg will straightway begin to coagulate on the bottom and sides of the pan and must be scraped off continually, using a spatula or a broad-bladed knife and working very rapidly. Do this very lightly, as there is danger of jarring the lightness out of the mixture and causing the omelet to fall.

When the mixture has puffed up light and has become creamy, tilt the pan slightly, so that the contents can be

Recipes for the Lenten Season

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pushed over to the handle end, and add two teaspoonfuls butter.

Then increase the heat, smooth the mixture over the surface of the pan and let stand for a few minutes over a high heat to brown the bottom of the omelet. While the bottom is browning, lift the omelet gently at the edges from time to time to allow the steam to escape, and to make certain that it is burning in no spot.

When the bottom is evenly browned remove pan from the flame and fold one edge of the omelet over the other, working from the handle end of the pan. Turn out on a hot platter and serve immediately.

Recipe for Almond Omelet

BEAT the yolks of three eggs till thick and lemon colored. Add three tablespoonfuls caramel sauce, a little salt and one-fourth teaspoonful vanilla. Fold in the stiffly beaten whites of the eggs.

Melt three-fourths tablespoonful butter in an omelet pan and cover the bottom of the pan with shredded almonds.

Turn in the egg mixture and proceed as with plain omelet. When the bottom has browned fold over and serve with caramel sauce.

To make caramel sauce, melt one cupful sugar in fry pan, stirring constantly. Add three-fourths cupful water and let simmer ten minutes.

How to Make Asparagus Omelet

OMELET can be made more tasty as well as more substantial by folding into it various warmed-over meats and vegetables, heated either in a sauce or in butter.

Asparagus omelet is especially appropriate for the early spring days when the green vegetables seem to taste so much better than at any other time. To make this omelet, spread the surface of the omelet with one-fourth cupful cooked asparagus tips heated in a little butter. Sprinkle over a few drops of lemon juice and one teaspoonful chopped parsley. Fold over and garnish with sprigs of parsley.

A GOOD SUBSTITUTE FOR MEAT

A VERY palatable and nourishing substitute for meat to serve during the Lenten season is made with nuts and barley as a foundation.

To make nut and barley loaf, brown one-half cupful flour in two tablespoonfuls olive oil. Cut up one large onion and fry in oil. Combine the onions and the brown sauce with two cupfuls cold, cooked barley, one-half cupful bread crumbs, one-half cupful chopped nut meats, one teaspoonful salt and a dash of pepper.

Mold this into a loaf, place in a greased roasting pan and put into a hot oven.

When the loaf has cooked ten minutes

add one tablespoonful butter and one cupful hot water. Baste the loaf with this mixture every five minutes for half an hour. Serve hot with brown sauce or with caper sauce.

Recipe for Caper Sauce

MELT in saucepan three tablespoonfuls butter. Add three tablespoonfuls flour and season with salt and pepper. Stir into this gradually one and one-half cupfuls hot water. Boil for five minutes. Add to this mixture three tablespoonfuls more butter cut up into small pieces. Stir till the butter is dissolved and well blended. Add two tablespoonfuls capers and remove from the fire as soon as the capers are heated.

STORY-TELLERS CLUB



— The Story of the Match —



HE grizzly old man who sat in a dark corner of the room looked about him in curiosity. Then, fumbling in his pockets, he withdrew a disreputable looking match and scratched it on the sole of his shoe. Holding it over his head, it flickered like a miniature torch.

"Friends," he said, in a husky voice, "I hold in my hand the greatest miracle in the history of mankind. On the point of that tiny stick I hold the greatest power on earth—fire!

"This harmless appearing little stick which we call a match is in reality both a god and a demon. It is within its power to destroy the greatest city ever built—or to kindle the flaming furnaces which can build a greater city than human eyes have yet seen.

"It is both the best friend and the cruellest enemy that mankind has ever known."

The Story-tellers drew their chairs nearer the picturesque stranger.

"I am a matchmaker," he said, introducing himself, "and I will tell you the story of how we came to conquer the

demon fire and imprison it on the end of a stick, so that we could carry it in our pockets without endangering our lives."

Fire the Secret of Civilization

"THE whole secret of civilization," he began, "is fire. The use of this marks the first step up from the brute. The lowest savages knew the use of fire and kept it perpetually burning amongst their tribes.

"The Alaskan rubs together two pieces of quartz, which have been smeared with native sulphur, and catches the spark in the dry grass.

"Some people strike fire with quartz and steel, quartz and pyrites, and even broken china and bamboo. I have seen them do this in the interior of China and amongst the East Indian tribes.

"In some countries they run a blunt stick along a groove of its own making, until the heat generated by the friction produces smoke and then flame. I have heard that the burning lens was used in ancient Rome and Athens. I can remember when our great-grandfathers used the tinder-box with the first brimstone match. It was a strip of dry pine

How Our Matches are Made

six inches in length, dipped in melted sulphur, which was applied to the tinder spark.

The Product of American Genius

"I SHALL never forget the bewilderment that was caused when the instantaneous light box was invented," exclaimed the old Story-teller.

"The first friction match was the 'lucifer,' invented by Walker, an Englishman, in 1827. It consisted of a strip of dried wood, coated at the point with melted brimstone. It was then dipped into a solution composed of chlorate of potash and sulphuret of antimony, which had been rendered adhesive with powdered gum. A few years later, Walker introduced the use of phosphorus.

"But it was the Americans who made the match what it is to-day and started the custom by which every man to-day carries fire in his vest pocket.

"In the year 1836, Alonzo Phillips, of Springfield, Massachusetts, brought out an improved friction match. The body was of wood. The head was coated with phosphorus and niter, or with phosphorus, sulphur, and chlorate of potash mixed with gum and coloring matter.

"This was the day of the 'wax vesta'—a match with a wax body. The wax taper was then in universal use to carry the fire from room to room.

"American genius solved the problem. In the year 1842, Reuben Partridge patented the first splint-cutting machine, which made possible the production of matches on a large scale and speedily reduced the extravagant price which had been paid for them.

"Thirteen years later, a Swede named Lundstrom brought out the first 'safety match,' which ignited only upon the box. This was a very simple contrivance, and consisted merely in omitting the sulphur from the match and coating the side of the box with it."

"It was about this time," said the old match-maker, "that trouble began."

"The match-makers were seized with a sudden illness and died in great agony. It was found that the 'match factory' was a death trap. The yellow phosphorus caused a terrible disease called 'phossy jaw'—a painful and deadly disease of the jawbone.

"Inventive genius came to the rescue, and a man named Schrotter discovered a red phosphorus that did not cause this awful blight. So all civilized nations began to compel the use of the red phosphorus—and the matchmaking industry has become one of the marvels of the age."

Two Million Boxes of Matches a Day

"HOW many boxes of matches are used each day in the United States?" inquired one of the listeners.

"More than two million boxes a day," answered the matchmaker. "The average daily consumption of matches is said to be five a day for each person. In 1880 there were thirty-seven match factories in this country, employing 2,200 people and producing 2,200,000 gross of matches per annum.

"Ten years later, the number of persons employed in this industry had diminished to seventeen hundred, with an annual increased production of 8,500,000 gross. In 1900 there were 2,047 persons employed in twenty-two factories. There are now some twenty-three factories engaged in the manufacture of this product. The annual value of the matches made in America amounts to nearly six million dollars.

"Until a comparatively few years ago, matches had to be transported by wagon, being considered too unsafe for transportation by the railways.

"The manufacture of matches in America on a large scale is only possible because of the improved machinery. In Europe most of the match factories use machinery that is at least thirty years

(Continued on page 88)

Lessons in Cooking

These Lectures Are Given Daily at the National Headquarters of the Housewives League in New York by the Leading Experts

Under Supervision of MISS EDITH DESHLER

National Vice-President Housewives League

The Cooking School at the National Headquarters of the Housewives League is giving instruction this year in the various problems of the culinary art. The year 1916 is to bring forth many new recipes in these pages. The lessons under Miss Emma Bossong, an expert in domestic science, are exceedingly valuable to every housewife.



REAM puffs are much more easily made than most people imagine. They sometimes fail to puff up as lightly as they should, but this can almost invariably be laid to one of two causes, which are easily remedied.

Cream puffs fail either because the eggs have not been thoroughly enough mixed with the batter, or because the heat of the oven has not been managed properly.

When rightly prepared and baked, the puffs are so light as to be almost without weight and are hollow in the center.

RECIPE FOR CREAM PUFFS

- 1 cup water
- 4 tablespoons butter
- 1 cup flour
- 4 eggs

Put the water on the fire to boil. Add the butter and when the water boils, add the flour. Do not attempt to stir in the flour gradually, but put it all in at once, stirring rapidly. Stir the mixture constantly until the mass has become thick and smooth, and ceases to stick to the sides of the pan. Remove from fire and stand it aside to cool.

When the mixture is partly cool, add the eggs, one at a time, beating the batter thoroughly between each egg. The eggs are not beaten before being stirred into the cream puff mixture. Add them

whole, and stir until the egg is well mixed each time before adding the next egg. Do not become alarmed if the eggs do not mix easily. The batter will be lumpy till the fourth egg has been added and thoroughly mixed.

After the eggs are added, let the mixture stand for half an hour and then drop by tablespoonfuls onto a buttered pan and bake in a moderate oven for twenty or thirty minutes, depending on the size of the puffs.

Test the cream puffs by picking them up. If they are perfectly light, they are done. If they are the least bit heavy when picked up, they need a little longer baking.

When the puffs are done, cut a slit in each one and fill with either whipped cream or cream filling. If the cream puffs are baked in gem pans, they will be more perfect in shape and look more like the baker's cream puffs than when dropped onto the pan by spoonfuls.

RECIPE FOR CREAM FILLING

- 1 cup milk
- 4 tablespoons cornstarch
- $\frac{1}{3}$ cup sugar
- 1 egg
- 1 teaspoon vanilla

Put the milk over the fire to scald. Dissolve the cornstarch in a little cold milk or water. When the milk reaches the boiling point, pour the moistened starch in slowly, stirring rapidly all the while.

Allow this mixture to boil a few minutes, in order to cook the starch, thus rendering it more digestible. Add the sugar and remove the mixture from the fire. Stir in the egg, beaten. Do not add the egg while the mixture is on the fire, as that may cause it to curdle. Add

Expert Advice on Making Desserts

vanilla, and when cool, fill the cream puffs with the mixture.

How to Make Chocolate Eclairs

Eclairs are made by using exactly this same mixture and spreading the batter in the pan into an oblong shape instead of round. Do this either with a spoon or with a pastry tube.

Eclairs are usually brushed over with a chocolate icing.

How to Make French Crullers

Let the cream puff mixture stand for a while to become thicker and then turn out onto a floured board. Pat into a smooth sheet and cut with a doughnut cutter. Fry in deep fat, and drain. When cool, brush over with thin icing. These crullers will be found to be much less greasy than those bought at the baker's.

PUDDINGS THAT ARE EASY TO MAKE



CONTRARY to a common notion among housewives, tapioca can be made as delicate and light a dessert as any other pudding.

People often say they cannot eat tapioca for dessert, because it is so heavy and starchy. The trouble is that most people do not know how to cook it to make it dainty and light.

One of the objections to its use has always been the length of time required to cook it properly. In the days when the housewife kept a coal or wood range burning all day, it was easy enough to cook tapioca by letting it stand on the back of the stove for several hours, but in these days when gas is the common fuel, this method of cooking has become extravagant, and foods like tapioca, requiring long cooking, have fallen more or less into disfavor.

This objection can be overcome by using granulated tapioca. If the pearl tapioca is used, it must be soaked at least an hour to soften it before it is cooked. Granulated tapioca needs no soaking.

RECIPE FOR TAPIOCA CREAM

- 4 cups milk.
- $\frac{1}{2}$ cup granulated tapioca.
- $\frac{1}{2}$ cup sugar.
- 3 or 4 eggs.
- 1 teaspoon vanilla.

Mix the sugar and tapioca together. Bring the milk to the boiling point and stir in the tapioca and sugar slowly. Boil for ten or fifteen minutes, stirring from

time to time to keep the mixture from sticking. Remove from the fire, add vanilla and fold in the stiffly beaten whites of the eggs.

Pour the pudding into individual molds and turn out when cold. Serve with custard sauce.

RECIPE FOR CUSTARD SAUCE

- $1\frac{1}{2}$ cups milk.
- $\frac{1}{4}$ cup sugar.
- Yolks three eggs.
- $\frac{1}{2}$ teaspoon vanilla.

Heat the milk slowly. Mix yolks and sugar and start stirring into the milk as soon as it begins to heat. Stir constantly until the milk reaches the boiling point. Add vanilla and set sauce in a cool place to thicken.

Be very careful in making this sauce not to let the mixture remain over the fire after the milk has become boiling hot or the eggs will curdle.

RECIPE FOR APPLE TAPIOCA

- $\frac{3}{4}$ cup tapioca.
- $2\frac{1}{2}$ cups water.
- $\frac{1}{2}$ teaspoon salt.
- $\frac{1}{2}$ cup sugar.
- 6 apples.

Cook the tapioca in the water for twenty minutes. While the tapioca is boiling, add salt and one-half the sugar and one apple; cut into small pieces.

Peel and core the apples and stand them in a baking dish. Fill the cavities with the remaining sugar and a little cinnamon or grated lemon rind.

Pour the tapioca over the apples and bake in the oven for twenty minutes, or until the apples are soft.

Gelatine Desserts and Candies

RECIPE FOR APPLE CHARLOTTE

- 1 tablespoon gelatine.
- $\frac{1}{2}$ cup cold water.
- $\frac{1}{2}$ cup boiling water.
- 1 cup sugar.
- 1 cup cooked and strained apples.
- Whites of three eggs.
- Juice of one lemon.
- $\frac{1}{2}$ dozen lady fingers.

Soak the gelatine in the cold water for five minutes, then dissolve in the boiling water. Add sugar and stir until dis-

solved. Add lemon juice. Remove from the fire and when cold add apple pulp. Beat the mixture till it begins to get thick and then stir in the whites of the eggs. Continue beating till very light.

Line a mold or pudding dish with lady fingers and pour the pudding over them. When cold, dip the dish for an instant into hot water to loosen the gelatine. Then turn the pudding out. Serve with whipped cream.

DIRECTIONS FOR MAKING MARSHMALLOWS

Recipe for Marshmallows

- 2 tablespoons granulated gelatine
- 2 cups sugar
- 10 tablespoons cold water
- 10 tablespoons boiling water
- Few grains salt

Soak the gelatine in the cold water till soft. Pour the boiling water over the sugar and boil till it makes a syrup which will form a thread when dropped from a spoon. Remove syrup from the fire, and stir into it the softened gelatine.

Let this mixture stand till cool. Then add salt and flavoring and beat with an egg whip till the candy becomes too stiff to use the egg whip, then continue beating with a large spoon. Stir till the candy is stiff enough to hold its own shape.

Do not become discouraged if the mixture does not seem to become thick soon enough. It requires long, hard beating, and is a tedious process.

Have ready granite pans, dusted with powdered sugar. Pour the candy into the pans and let stand in a cool place till

set. If the pans are inverted and the candy poured onto the bottom it is easier to cut when stiff. It must be beaten till stiff enough to remain on the outside of the pan without running off. When the candy is set cut in cubes and roll in powdered sugar.

How to Make Fancy Marshmallows

Chocolate marshmallows are made either by coating the plain marshmallows with melted, unsweetened chocolate, or by adding melted chocolate to the marshmallow mixture before cooking.

Chopped nuts or candied fruits may be stirred into the mixture after it has been removed from fire.

Marshmallows are sometimes flavored with fruit juice instead of vanilla. Strawberry or raspberry juice can be used in place of part of the water, and the recipe followed as above.

Marshmallows are especially dainty and attractive if rolled in grated coconut before being coated with sugar.

EVERY housewife can profit by the valuable advice and reliable recipes by experts which are given daily at the National Headquarters of the League, and which are published each month in the HOUSEWIVES LEAGUE MAGAZINE.



Bird-houses placed on poles are not so liable to raids by cats and squirrels as when the boxes are placed on trees.

Two types of bird-houses placed on poles are shown above.



Pails and buckets, coffee-pots, tea-kettles, milk-cans and flower-pots are among the discarded utensils which may be fastened up in suitable places for the use of the birds as nesting sites.

Keep a supply of bathing and drinking water where the birds can get it—and you have provided an unfailing source of amusement for yourself as well as gratification to the birds.

Attract the Birds

Around Your Home This Spring

NO keener pleasure is derived from any source than that which comes from the possession of bird neighbors. No tenants give more satisfaction than box-dwelling birds, houses for which can be cheaply and easily erected. No tenants can be relied upon for more full and complete rental, in the shape of noxious insects destroyed and delightful music rendered. The boy or girl who puts up boxes for the birds to nest in and supplies them with drinking and bathing places, is certain of an unfailing source of pleasure. The chances are that the bird-loving boy or girl will make the better citizen.





News From Courts and Legislatures



GR**EAT** many matters of the utmost importance to the housewife are now before Congress. Among other things, her sugar, her butter and her flour, the dyes that color her clothing, the preservation of foodstuffs by cold storage and the parcel post, are all the subjects of proposed legislation.

So far as sugar is concerned the matter is now practically decided. According to a clause of the Underwood Tariff Law we should have had free sugar on May first of this year, but owing to the need of money for the program of national defense proposed by the administration Democrats and Republicans have agreed that we are not to have it. As free sugar has occupied a prominent place in the Democratic platform and much political capital has been made out of it, the Democrats have agreed to the

repeal of the free-sugar clause in the Underwood Tariff Law with great reluctance; but they argue that it is impossible, in view of the country's present necessities to sacrifice the \$500,000,000 in revenue which the sugar duties now produce.

About ten Democratic members of the House dissented from the decision of the majority, declaring that the sacrifice of free sugar was a gross betrayal of trust, but their votes cannot affect the ultimate outcome, since the Democratic majority will be supported by the entire Republican vote. It is expected that the repeal bill which will leave sugar on the dutiable list at approximately one cent a pound will be hurried through in order that there may be no loss of revenue after May first. Other revenue measures, the chief of which will probably be an increase of the income tax, will follow.

PLAN TO INVESTIGATE DAIRY PRODUCTS

A CONGRESSIONAL investigation of butter and other dairy products with a view to ascertaining whether or not these foodstuffs are a menace to the health of the country and whether reasonable protection of the health of the citizens of the United States does not require their being placed under Federal inspection has been introduced in the House of Representatives by Representative Linthicum of Indiana.

The preamble to the resolution sets forth on the authority of the Bureau of Animal Industry: that 94.5 per cent. of the creameries of the country are unsanitary to a greater or less degree; that 61.5 per cent. of the cream used is unclean or decomposed, or both; that 72.6 per cent. of the cream is not pasteurized but is made into butter to be consumed in a raw state, in which state disease germs retain their virulence for a long

period of time; that a large percentage of dairy cattle are affected with tuberculosis; and that dairy products are among the active agents in the spread of tuberculosis, typhoid fever and other infectious diseases.

It points out further that dairy products are the most widely used of human foods and that they are not subject to Federal inspection, for which reason there is a growing sense of alarm among consumers.

Therefore, it proposes that a committee of five members of the House should be appointed to investigate the facts and suggest the best and most economical method of inaugurating and enforcing Federal inspection if such shall be found necessary. The committee would have

the power to summon and examine witnesses and to enforce the production of records.

There is no doubt that an investigation of the kind proposed is much needed and would do much good, and it is to be hoped that it will result in Federal control of the dairy industry. It is to the last degree irrational that the flesh of a tuberculous cow should be barred from interstate commerce while its milk, in the form of butter, may go anywhere without let or hindrance.

Mr. Linthicum has appealed to all organizations interested in the food supply to aid him in securing the appointment of such a committee by passing appropriate resolutions and sending them to their congressmen and senators.

CONGRESS FACES SERIOUS DYE SITUATION

SO far as dyestuffs are concerned, says Representative Hill, of Connecticut, who has just introduced into the House of Representatives a bill imposing protective duties on imported dyestuffs, the Democratic party might well compromise on its free trade and tariff-revenue principles.

For not only have we two million men and women engaged in industries which depend directly on artificial colors which we cannot make ourselves but dyestuff factories can be utilized in case of necessity for the manufacture of high explosives, as is being done in Germany at the present time.

Every other of the leading industrial countries, Mr. Hill pointed out in introducing his bill, has taken measures to build up an independent dye industry and it is time that the United States woke up to the necessity for similar action. Great Britain has subscribed fifteen million dollars to the British Dyes, Limited, in addition to subsidizing the industry in other ways and has absolutely prohibited the future importation of German dyes. Japan has guaranteed an eight-per-cent. dividend to Japanese-owned capital invested in plants on Jap-

anese soil for the manufacture of dyestuffs and explosives, and France and Russia are both subsidizing the industry.

Besides being commercially disastrous, Mr. Hill finds the present American dye famine ridiculous and humiliating. In order to get dyes for its own paper money, postage and revenue stamps the American Government has been obliged to negotiate with the German Government for permission to buy the necessary amount from a factory in Charlottenburg, and then it had to petition the British Government to allow them to be shipped across the ocean.

Congress has been notified, too, that it will soon be necessary to change the colors of the uniforms of our soldiers and sailors unless dyestuffs can be obtained from some source now unforeseen, and Mr. Hill is afraid that if the war continues much longer we may have to change the colors of our flag.

The reason for our difficulties in this matter appears to lie not so much in our inability to make our dyes as in the fear that, without protection, any industry built up during the war would be destroyed at its conclusion by foreign competition.

Dr. Thomas H. Norton, commercial agent of the Department of Commerce has stated that uncertainty as to its future is the only serious obstacle which the promoters of an American dye industry have had to take into account. The United States, he says, possesses all the raw materials for the manufacture of dyes in such abundance that it could supply dyes to the whole world.

Of inventive talent and technical abil-

ity there is no lack. There is also plenty of capital ready to enter the new field, while much has already been invested. Captains of industry trained in this special field are still lacking, but the Department of Commerce has plans for overcoming this difficulty. The only other difficulty which confronts the industry is the one which Congress, in the bill now before the House, has been called upon to remove.

NEW BILL TO REGULATE COLD STORAGE

CONGRESSMAN Carey of Wisconsin has introduced a bill for the regulation of cold storage which is practically the same as the McKellar Bill introduced two years ago, but like the latter it is so unpractical that there is no likelihood of its passing.

Whereas Dr. Mary E. Pennington, Chief of the Food Research Laboratory of the Bureau of Chemistry, says it is a comparatively simple matter to keep birds in good condition from one season of production to the next in a well-constructed, cold-storage warehouse, provided they are received at the warehouse properly dressed, chilled and packed, the Carey Bill would limit the storage of poultry to three months. The same

limit is assigned for eggs, and yet Dr. Pennington says that a good egg properly stored is "good food at the end of nine months." A three-month limit would destroy the usefulness of cold storage as far as eggs are concerned, for it would bring the April eggs, which are the best and most abundant of the year, upon the market in August, when there is little use for them.

Mr. Carey, although he comes from a dairy State, evidently knows little of the habits of the hen. The provisions requiring cold-storage articles to show the date of entry and removal, and forbidding their return to storage after having once been taken out are, of course, excellent.

MISBRANDED ARTICLES—PARCEL POST REGULATION

A BILL which applies the principle of the Food and Drugs Act to every other commodity has been introduced into the House by Representative Barkley of Kentucky, chairman of a sub-committee on Interstate and Foreign Commerce.

The bill is a substitute for a dozen or more individual bills calling for pure fabrics, pure shoes, pure rubber, etc., and would debar from interstate commerce any misbranded article. The bill is said to have the approval of the President and its reason for being is obvious. There are a thousand frauds which will have to take other names over night if the Barkley bill becomes law.

AN amendment to the Parcel Post Law, whereby the weight limit will be permanently fixed at fifty pounds, has passed the House by a vote of 179 to 139.

The present limit in the first and second zones is fifty pounds, while beyond that it is twenty pounds, but the Postmaster General, with the approval of the Interstate Commerce Commission, has the power to make any changes that he deems advisable in regard to weight limits, rates, or conditions of mailability.

In other countries the parcel post carries packages weighing above one hundred pounds. In Germany, Sweden,

Norway and Switzerland, the limit is one hundred and ten pounds, in Belgium one hundred and thirty-two, and in Russia one hundred and twenty, while Austria has practically no limit.

Representative David J. Lewis, co-author of the present law, says that the proposal to fix the weight limit at fifty pounds is merely an attempt to prevent the development of the service and can obviously have no other purpose, since the Interstate Commerce Commission is better qualified in every way to consider and determine administrative changes in

the service than Congress can be. He is preparing for a vigorous fight to defeat the amendment in the Senate and is sure the people will stand by him. The parcel post, he declares, is the people's "own express company" and they "cannot afford to let anyone tinker with it." "The express companies," he points out, are "under limitations which they cannot remove. They do not reach the farms. The parcel post uses a million miles of rural routes where no express company ever went before or ever will. No private agency can compete with it."

IS MIXED FLOUR AN ADULTERATED FOOD?

A DETERMINED effort, which is meeting with an equally determined resistance, is being made to repeal what is known as the Mixed Flour Law, and to so amend the Food and Drugs Act that wheat flour mixed with other grains or products thereof will not be classed as an adulterated food.

The Mixed Flour Law is part of the Spanish War Revenue Law of 1898 and provides that a miller or manufacturer who desires to sell wheat flour mixed with the product of any other grain shall take out a license from the Bureau of the Treasury, pay a tax of four cents a barrel in addition to an occupation tax of twelve dollars per annum, plainly brand each package as "Mixed Flour" in two-inch black letters, give the names of the ingredients of the package and report at stated intervals on the volume of his business to the Bureau of Internal Revenue.

Previous to the passage of this law the adulteration of flour was very common, millers who would have preferred to be honest being driven by the force of competition to mix larger and larger quantities of corn flour with their wheat. The proportion of the former substance sometimes ran as high as fifty to sixty-five per cent., and it was shown at the hearings on the bill that not only corn but mineral matter was used as an adulterant.

Following the rise in the price of flour resulting from the European demand for American wheat a bill was introduced into Congress for the repeal of the Mixed Flour Law. As the country was not advised of the situation there was no opposition, and it is probable that only the late hour at which it was introduced prevented its passage.

It has now been reintroduced, and the bakers and millers are making a strong fight against it. Even the makers of mixed flour as represented by the Southeastern Millers' Association which handles from 100,000 to 150,000 barrels of the product a year—ninety-seven per cent. of the total output of the country—stated at the recent hearing in Washington that they found the present law "very satisfactory" and "feared evasion and defrauding of the public" if it was repealed.

Those in favor of the bill argue that flour is sufficiently protected by the Food and Drugs Act which was not in force at the time the Mixed Flour Law was passed, and that the present restrictions deprive the baker and the housewife of the advantage of being able to use corn, which costs only half as much as wheat, for baking purposes.

The opposition retorts that if the baker and housewife want to mix corn flour with wheat flour there is nothing

(Continued on page 94)

The Junior Housewife



Making Ice Cream

Department Conducted by MISS EMMA BOSSONG
Domestic Scientist at National Headquarters

Here are some recipes which the National Housewives' League has prepared and recommends to its younger sister, the Junior Housewives League, as being especially good and easily made. Every Junior Leaguer is advised to try these recipes. They are reliable and cannot fail.

ICE CREAM is one of the most wholesome, as well as one of the most delicious of desserts. It is nourishing, easily digested and, when one is hot and tired, more refreshing than almost anything else.

The Juniors at National Headquarters have decided that most girls make harder work of freezing ice cream than is necessary. At Headquarters during this last year, the girls have been learning the value of keeping all apparatus in good working order, and they have found that this greatly lessens the labor in all branches of housewifery—and this is especially true of such utensils as ice cream freezers, which have so many parts to get out of order or become lost.

The ease with which ice cream can be made depends in large measure upon having the right utensils and keeping them in good condition. If the different parts of the ice cream-making process—the ice bag, the salt and all parts of the freezer—are kept assembled, the crank well oiled and the whole apparatus clean all the time, the labor is much reduced and the whole task is found to be much pleasanter.

WHETHER your ice cream turns out to be fine-grained or coarse in texture

depends largely upon the way in which it is packed. First, put the dasher in place in the freezer can, then pour the ice-cream mixture into the can and fit it into the pocket in the outside pail. Fasten the handle, or crank, in place in the cover and turn the crank to make sure that all is in working order.

Next, the space between the can and the pail must be filled with a mixture of ice and salt. This is an important item, for the proportion of ice and salt packed around the freezer very materially affects the consistency of the cream. If too much salt is used the mixture freezes too quickly and its texture is not smooth and fine as it should be. If there is too little salt in proportion to the ice, the temperature does not go low enough, and it is difficult to freeze the cream properly.

Usually the best proportion is one part salt to three parts ice.

The ice should be broken up into small, even pieces so that it will pack smoothly. The easiest way to break the ice for freezing is to put it into a strong canvas bag and pound it.

In packing the ice and salt around the freezer, place first a layer of chopped ice in the bottom of the pail, and then cover it with salt, using three measures of ice to one of salt. Follow this with more ice and so continue until the pail is full. Shake the ice down occasionally while filling the pail, so that the mixture will pack evenly and firmly.

You are now ready to start freezing. Jerky freezing is apt to pull the freezer out of place and will make the cream

Delicious Ice Creams That are Easy to Make

coarse grained. Turn slowly at first, but as the mixture thickens turn more rapidly.

As the ice around the freezer melts, the outside pail will become filled with water. It is not necessary to draw off this water unless it reaches the top of the can and there is danger of its getting into the freezer.

When the cream is sufficiently frozen it will become hard to turn the dasher. As soon as this happens take off the cover and remove the dasher. Then scrape the cream from the sides of the can and pack it evenly. Replace the cover, first washing off the outside and the upper part of the can to avoid letting in any salt. Then draw off the water in the outside pail, repack with salt and ice, cover the freezer and let it stand for an hour or two before serving, if possible, to "ripen" the cream and improve its flavor and texture.

THE term ice cream is loosely used to cover various kinds of frozen mixtures, which are, in reality, quite distinct from each other. Such terms as ice cream, sherbet, ice, mousse, parfait, all apply to different mixtures and should not be confused.

So-called plain ice cream, or American ice cream, consists of cream, or cream and milk, sweetened and flavored.

French ice cream is made with a custard as a foundation. It often contains also, chopped nuts, candied cherries and other fruits.

Ice, or sorbet, contains no cream. It consists merely of frozen fruit juice, which has been sweetened and diluted. It is made of any of the juicy, tart fruits or berries, such as orange, lemon, pineapple, raspberry, strawberry.

Sherbet differs from an ice merely in the addition of the white of an egg just before the freezing is finished. This makes the mixture much lighter and more delicate than the ice.

Mousses and parfaits are made with

whipped cream and are frozen without being stirred.

RECIPE FOR PLAIN VANILLA ICE CREAM

1 quart cream
 $\frac{3}{4}$ cup sugar
 1 tablespoon vanilla

Stir the sugar into the cream, add vanilla, pour into freezer can and freeze according to directions given above.

How to Add Flavorings to Ice Cream

To make *chocolate ice cream*, add four ounces unsweetened chocolate, melted, to the above mixture.

Strawberry ice cream is made by crushing one box of strawberries, washed and hulled, and stirring into the ice cream mixture.

For *peach ice cream*, add one quart of well-ripened peaches pared, stoned and mashed.

RECIPE FOR FRENCH ICE CREAM

1 qt. cream
 1 qt. milk
 4 eggs, or the yolks of 6 eggs
 $1\frac{1}{2}$ cups sugar
 2 tablespoons vanilla

Beat the eggs slightly, and stir into them the sugar and the milk which has been scalded. Pour the milk onto the eggs slowly. Let the mixture stand over a low flame, stirring constantly till it has become thick enough to coat the spoon. Remove from the fire, add flavoring and cream. Stand the mixture aside to cool and then pour into freezer and freeze.

RECIPE FOR RASPBERRY ICE

4 cups water
 $1\frac{1}{3}$ cups sugar
 2 cups raspberry juice
 2 tablespoons lemon juice.

Boil the water and sugar together for twenty minutes, or until it makes a rather thick syrup. Add raspberry juice and strain. When cool, pour into freezer and freeze.

How to Make Raspberry Sherbet

To make raspberry sherbet, beat the white of an egg very stiff and stir into the above mixture after it starts to freeze, but has not become stiff. Turn the crank very rapidly after the egg has been added, to make the sherbet very light.



Photograph by courtesy Playground and Recreation Association of America

UTILIZE SPARE HOURS OF CHILDREN IN WHOLESOME OCCUPATION

Pure Butter an Inexpensive Food

Extract from Address by F. W. BOUSKA

Before Chicago Housewives League



S soon as I was old enough to work, one of my big chores was milking cows on father's farm in Iowa. My brothers and sisters milked cows, the children of all our neighbors milked cows like the majority of children in the middle west.

Mother bought clothing and groceries with the proceeds of the labor of the little hands. When the herd became larger, father used some of the proceeds for farm expenses. Our cream was made into butter at the creamery, which sent it to people in the large cities. For our cream we really obtained clothing and groceries from the city people.

I often wondered whether the city people liked our butter as well as we liked their new clothes and other things. After these many years I have the rare opportunity of telling our consumers what we try to do for them when we make butter for them.

On December 10, 1915, a well-known, first-class grocery sold butter to the consumer in Chicago at thirty-eight cents a pound. For this price the consumer obtained a certain amount of nutrients and economic service.

At the prices which prevailed for the best goods at that store, ten cents would have bought the following number of calories in the foods given, calculated from "The Principles of Human Nutrition," Jordan, p. 119, 1912:

Whitefish at eighteen cents per pound, 180 calories.

Porterhouse steak at thirty-two cents per pound, 347 calories.

Pot roast at fourteen cents per pound, 425 calories.

Smoked ham at twenty-two cents per pound, 759 calories.

Smoked bacon at thirty-three cents per pound, 813 calories.

Butter at thirty-eight cents per pound, 948 calories.

Potatoes at \$1.00 per bushel, 1,867 calories.

Bread at four cents per $\frac{3}{4}$ pound loaf—five and one-third cents per pound—2,279 calories.

Contrary to popular opinion, butter is not the most expensive food. It is moderate in nutrients obtained for the price. Butter not only has a high nutritive value, but it also has a high flavor which increases the palatability and digestibility of foods like bread and potatoes.

One Result of Pure Butter Campaign

February 16, 1916.

Mrs. Julian Heath, President,
National Housewives League,
New York City.

DEAR MADAM:

A couple of months ago at a meeting of the Illinois Creamerymen's Association, the Secretary read a letter from you regarding the sanitation of creameries and the pasteurization of cream for butter making purposes. And I was asked to write you regarding this subject. My delay was caused by the fact that I wished to get some absolute figures together and submit to you some data.

I sent out a postal card to every creamery in the state, and amongst other things asked them whether they were pasteurizing cream before making butter, etc.

I have received these replies and have tabulated them. They show that 96.18 per cent. of the creamery butter made in Illinois is from pasteurized cream, and only 6.82 per cent. is made from unpasteurized cream.

The largest manufacturer in this unpasteurized group has since ordered his machinery and installed it. That will raise the per cent. of pasteurized creamery butter, as he was by far the largest operator in the unpasteurized group. Of the unpasteurized cream manufacturers he was the only one that had any surplus to ship outside of his district. The others were small creamerymen and their make was consumed at home. So I can assure you there is less than 1 per cent. of unpasteurized butter leaving the borders of the State of Illinois.

We feel the consumers of the country are entitled to this information; and we assure you we are very proud of this record. It will surprise you, perhaps, more than it does some of us out here; because we are aware of the enormous amount of money that has been spent

on pasteurizing machinery, holding devices, recording devices, etc., during the past decade.

All the agencies in the state are working towards better grade of butter, grading of cream, elimination of tuberculous cattle, etc.

I think it will also interest you to know that the State Dairymen's Association in annual convention assembled three years ago, went on record as being in favor of pasteurization of all dairy products, and last month in convention they went on record favoring a law compelling the pasteurization of all dairy products. This is a rather advanced stand for a group of dairymen to take. Our creamerymen's Association takes the same position.

Our state has a law against the importation of tuberculous cattle. I am trying to get all the creameries that ship butter out of our state to have their tubs stenciled, "Pasteurized Cream Butter." They have failed to avail themselves of this privilege, but think they will do so from now on.

We want your League to know the position the creamery and dairy officials of the State of Illinois take. We do not want to be classed with these people who are not pasteurizing, or are opposed to pasteurizing.

We appreciate the work that your League is doing, and hope if there is anything pertaining to dairy products on which we have any information that you or your League desire, that you will not hesitate to call upon us. Anything that our department can do or any information it can get for you, I assure you you will have for the asking.

Respectfully yours,

JOHN B. NEUMAN,

*Assistant Commissioner, Illinois State
Food Department.*



HIS letter was received by Mrs. Heath from one of the leading dairy journals of the country and sounds a strong note in the campaign for pure butter.

November 9, 1915.

Mrs. Julian Heath,
c. o. HOUSEWIVES LEAGUE MAGAZINE,
450 Fourth Ave.,
New York, N. Y.

Dear Madam:

We noticed from a clipping in one of the New York papers that you have visited Chicago, St. Paul and Minneapolis, with a view of observing the operation of creameries, their sanitary condition and the product used in the manufacture of butter, which is very gratifying to us, as we have said many times that the creamery industry will someday receive a severe jolt similar to that the packing houses received by Sinclair's "The Jungle."

The Butter, Cheese and Egg Journal, of which the writer is editor, has been fighting for a pure product, but we are sorry to say that up to the present time there has been but little change for the better; in fact, if anything, conditions are worse to-day than they were ten years ago.

We do not know how well you are acquainted with the facts in regard to the creamery business, but will briefly say about fifteen years ago practically all of the cream delivered to the creameries was sweet, whole milk as it came from the cows. The milk was separated at the creameries and the skimmed milk returned to the farms, and the cream properly ripened and churned into butter at the creamery; but since that time the hand separator has been introduced and thousands of farmers, yes, hundreds of thousands, have purchased hand separators and are separating the milk upon the farm, feeding the first skimmed milk to the calves and drawing the cream to the creameries, or to the depot for shipment to some central plant such as you saw in Chicago, St. Paul and Minneapolis. This practice has led to all sorts

of abuses, as the large concerns were not particular in regard to the quality of cream received, and, in fact, it has been reported upon good authority that in many instances they have told the farmers to permit the cream to become sour. This, of course, was more for the purpose of breaking down the small local and coöperative creamery, and in many instances these large concerns have through various means, both fair and foul, closed the doors of the local creameries, which have done so much to build up the dairy industry and have always produced a good quality of butter.

The quality of cream that is shipped to these large concerns located at central points often is in a horrible condition, as it does not seem to make very much difference how old, stale, sour or putrid the cream is. They accept it, and so far as we know, not one single can has ever been rejected, but it has all been made into butter; but before it is turned into butter an alkali is used to neutralize the viscosity and it does not seem to make much difference how they neutralize the acid. Various alkalis have been used, lime, soda ash, potash and the various kinds of washing powders of which the base is an alkali. If the cream is thus treated, it is pasteurized and renovated by blowing air through it and then eventually turned into butter and put in cartons and sold as better creamery butter.

The action of the large concerns has compelled the small creameries, or at least many of them, to accept cream in as bad condition as that handled at the large plants. Therefore, many of the small creameries are making no better butter than the large concerns. However, there are yet a considerable number of creameries in the Central West, located in Iowa, Minnesota, Wisconsin, Michigan, Ohio, Pennsylvania, New York and some other States where only a good, clean, sweet product is received which is properly pasteurized, ripened by a pure culture of lactic acid bacteria and churned into butter. Many of these creameries are scrupulously clean and

are turning out a product which is a credit to them, as well as the county and State in which they are located, and the consumers relish their product.

You perhaps know all of these things. However, if you do not, you can see that there are at least two classes of creameries, one sublime and the other ridiculous, and any aid which can be given by the Housewives League or any other league that will eliminate the bad cream conditions, will be welcomed by thousands of creameries throughout the United States and certainly will be welcomed by the consumers. And you can rest assured that we will leave nothing undone, as we have in the past, in bringing out these facts, and anything that we can do to assist the Housewives League in exerting influence to improve the quality of the creamery butter will be gladly done.

We have taken a bold and fearless stand in regard to this matter and have been severely criticized by some of the creameries for telling the truth; but we do not contemplate making any change in policy and will use our editorial columns in the way we see fit regardless

of criticisms of some of our readers. Of course, you readily understand that some large concerns, who are using the pure cream, are exceptionally bitter towards us, but this makes no difference whatsoever.

Should you have occasion to make further investigation of the butter industry, and should you find it advisable to come west, we should be glad to have you call upon us and we will give you all the information in our possession.

Mrs. Johnson, the President of the St. Paul Housewives League, was in correspondence with the writer last Winter when their fight in the Minnesota Legislature was on, and we had the pleasure of meeting Mrs. Johnson and others when that objectionable legislation was defeated, and in the short talk we had, Mrs. Johnson expressed herself as being much interested in the butter business, so we feel encouraged that there is prospect of improvement, and it indeed will be a happy day when we can say that bad cream conditions and unsanitary creameries and the doping of cream have been eliminated.



Photograph by courtesy Playground and Recreation Association of America

RESTING AFTER PLAY

Every Community Can Provide a Safe and Healthful Resting Place for its Children

Wilmington League Conducts School for Housewives



It may be of interest to the members of the Housewives League to know that the League in Wilmington, North Carolina, is conducting a school for housewives this winter.

The activities of the Wilmington League during the two years of its existence have brought about a noticeable improvement in market conditions, both from the standpoint of sanitation and in the effort to bring the consumer and producer closer together.

The entire city has been aroused to the necessity of abandoning the old haphazard method of handling and storing food, and the housewives of Wilmington have been shown the economic advantages of getting into closer touch with the producers of foodstuffs.

Much of the money loss in the business of housekeeping is due to the fact that housewives have little opportunity to study domestic problems in a truly scientific way.

The members of the organization feel that, in view of the fact that the major portion of the income of the great majority of the men is spent in and upon the home by the housewives, it becomes important that the housewives should know how to spend the money to the best possible advantage.

It is believed that here the high cost of living can be most effectively influenced.

The League secured the services of experts to conduct classes and deliver lectures to its members without cost to them on the following subjects: Cooking in all its branches, selection of food, care of food in the home, dairying and dairy methods, food values with reference to heat and energy, selection of fish and other sea foods, selection of game and poultry, proper selection of fruit and vegetables, household engineering problems, heating, lighting and ventila-

tion, care and management of refrigerator and refrigeration, kitchen gardening, fruit culture, and many other subjects of value to the housekeeper.

The interest that was manifested in the cooking classes, the meat cutting demonstration and the other educational talks given the past year has encouraged the League to plan very much greater things and to increase the already great influence for good in the community that the League now enjoys.

The Housewives League, with the help of public spirited merchants, has maintained a Merchants' Exhibit and Ladies' Rest Room in the city for the convenience and use of the ladies of Wilmington and the surrounding country.

These rooms have been largely patronized by out-of-town visitors, who find there every provision for their comfort and convenience. A secretary has been kept in constant attendance, and these services have been rendered during the past year free to all.

The members of the Housewives League enjoy no privileges in this room which are not shared by every other woman who cares to visit it. While the League holds its meetings in this Exhibit Room, the amount contributed each month from the League's funds is much more than would be necessary to rent a room in which to hold meetings.

The League feels that the Rest Room is a public necessity, especially to the women of the city and county and surrounding towns who come to Wilmington to shop and who must bring their children with them.

Special arrangements are made for the care of children, who are kept at the room while their mothers may shop free of this distraction. Any person who may be in doubt as to whether the Rest Room is used or not is invited to look over the register.

Eight-Cent Luncheon—Done Into Verse

(See opposite page)

I've been asked to do my small part,
Dear Friends:
In proving efficiency and the knowledge im-
part,
To other fair housewives who may be at odds
In preparing a meal all fit for the gods,
On the munificent sum of only ten cents
(To prepare would be easy were we not count-
ing pence).
But the problem is here and we therefore
must solve,
Lest our laurels we forfeit, and the housewife
involve
Into direct contempt—or some unkind jest.
So we've conquered, excelling what we tho't
was our best.

The salad—I've taken and I pledge with a vow
To every fair housewife assembled here now—
The ingredients are pure, and with two cents
the limit
I've even bought lettuce whereby I could trim
it.

So of Queen City cheese—I took just five
pounds,
Four peppers appeared and they all went the
rounds,
The chopper I used—till all were chopped fine,
Then mixed with the cheese in a manner sub-
lime.

I added some salt, a teaspoon, no more.
Then beat it and formed it in round balls
galore.
I rolled each small portion in chopped walnut
meat,
Then arranged on crisp lettuce in a manner
petite.

Now I know that the cost is the part you de-
mand,
So I'll give it with pleasure—for I have it at
hand.
The cheese, as you know, costs ten cents per
pound,
But by buying in quantities—'twas eight cents
we found.
Five pounds was the limit for seventy-five
and no more.
The green peppers cost me just ten cents for
the four.
The walnuts were ten and we bought of the
best.
The lettuce twenty-five to make each green
nest.

So the total you'll find is just eighty-five
cents,
The display in culinary is simply immense.

Now my object is to show you the means and
the ways,
So now I'll proceed with the gay mayonnaise.
For without its addition we ne'er could en-
joy it,
And I hope each fair member will as care-
fully try it.

One can and a half of some vegetable oil,
The yolk of three eggs all added with toil,
Then set aside gently—'till part two is ready.
(But remember our limit—for our prices are
steady.)

We'll proceed now, dear friends, to part num-
ber two,
Always keeping our price list in prominent
view.
One fifty is allowed for seventy portions.
(Not a penny for graft or legal extortion.)

Four teaspoons of mustard—two teaspoons of
salt,
Three teaspoons of sugar—its flavor to exalt,
Three teaspoons paprika to give it some vim,
The juice of three lemons well squeezed from
the skin.

Six tablespoons mustard is mixed to a mortar,
Then add all of this to six cups boiling water.
Let ingredients boil—'till as smooth as my
story,
Then you'll have the dressing and I'll have
the glory.
(But before it is palatable—I'll give you a tip,
You must mix in number one—without 'em a
slip.)

Now, we'll add up expenses—with oil thirty-
eight,
Five for lemons—nine for eggs (if you use
New York State),
We'll add five for cream, tho' we may not
even use it,
But it adds to the flavor, so we must not re-
fuse it.

Fifty-eight is the total—(Why, I must have
forgotten)
Sixty-five was my limit with prices at the
bottom.

Oh! yes—there were eight for the extras we
used,
So you see, dear friends, our credit's not
abused,
But we've used up our money—aye, e'en to
the fraction,
And now we're awaiting the tremendous re-
action.

MRS. WALTER G. HILL,
Second Vice-President of Housewives League
of Buffalo, New York.

Housewives Give Eight-Cent Luncheon



OW to combat the high cost of living was shown in a remarkable demonstration not long ago when eighty-five members of the Housewives League in Buffalo were fed, satisfied and nourished at a cost of a little less than ten cents per person.

The total cost of the luncheon for eighty-five people was \$7.24, not reckoning fuel and labor, which the League claims are separate items of the household budget.

Each member of the committee on arrangements prepared a feature of the luncheon and all members helped to serve.

After the luncheon each member of the committee gave an interesting short talk on the cost of her share of the luncheon and explained how she prepared her particular feature in the menu.

The interest which this eight-cent luncheon aroused among the housewives of Buffalo was evidenced by the numbers who came to attend the luncheon, but were turned away because they had not paid their dues or were not members of the League.

Seated by groups around a buffet table centered with red carnations and pussy willows, not in the budget, the women were quickly served with rice creole and creamed peas and carrots in timbales, cheese salad with oil mayonnaise and crackers, coffee and pineapple delight.

The rice creole was a warm, appetizing mixture of rice, ham and peppers. It cost ninety-five cents. Sandwiches and Scotch scones were served with this course, the total cost for bread being \$1.04.

The cheese salad consisted of balls of cottage cheese, hearts of lettuce and a dressing made of eggs, cottonseed oil, cornstarch, lemon and vinegar. The dressing cost three mills a serving, the total salad cost being \$1.50.

The dessert cost \$1.50, and the coffee \$1.35. With fifteen cents for crackers and seventy-five cents for the vegetables in timbales, the total cost came to a little more than eight cents apiece.

That the high cost of living is really the cost of high living was the theme of a sensible talk given after the luncheon by Miss Clara Browning, of the Technical High School.

Miss Browning pointed out that there often is no relation between the price of food to food value. Often the meal that costs the least contains the food properties most needed by the body.

She cited many instances to show that we are being gradually weaned away from the simple products of the soil, a fact which partly accounts for the high cost of living.

A potato is no longer considered respectable unless dressed up in an unrecognizable fashion.

No one eats apples as they come from the tree. The homely carrot must be ground up or covered with cream before it is accepted.

The value of food, the cost of its preparation, the unavoidable waste in preparation of food and its availability to the body were quoted by Miss Browning as the real food standards.

She made a plea for simpler living, simpler food habits and more practical food desires.

Housewives in St. Paul

Elect New President



MRS. GILBERT GUTTERSON

President of Housewives League of St. Paul

THE housewives in St. Paul have recently elected Mrs. Gilbert Gutterson, as president of the St. Paul Housewives League.

Mrs. Gutterson succeeds Mrs. D. W. MacCourt, who resigned from the presidency to take up the State Chairmanship of the Housewives League in Minnesota.

Advice from League Member

Know Your Dealer



F I said all I wanted to in a few words as a message to the Housewives League, first the fairies would have to wave a wand over me.

The Housewives League has meant to me a monument of comfort and security.

A martyr to the fact of bad existing conditions generally, as to sanitation, fraud and exorbitant prices, and aroused to the duty of safeguarding the health of my family, I became a member of the League and interested myself in the source of supply and handling of food-stuffs.

I started out to know my dealer. I had a "broomstick" which proved unnecessary; he was no ogre, just human, and kindly disposed; eager to learn and willing to comply with reasonable requests.

My pledge compelling me to get right Quality, Quantity, Prices and Fair Dealing under Right Conditions, and anxious to retain patronage, the dealer by cause and effect, through demands of consumer to dealer and dealer to wholesaler and producer, has brought about a bettered general condition.

Don't blame the dealer for a dirty store. If you tolerate bad conditions it is your sin.

Every housewife owes it to herself and family to become a unit in this great movement, a natural inception in these days of efficiency and welfare. Like a great searchlight its flash is seen in the distance, its rays protect us from the danger shoals and guide us into the safety zones. So keep within its range. It can mean in the future, if great unremitting efforts have brought great good, continued great efforts will bring more great good.

MRS. J. W. BEALL, *New York.*

The Housewife's Book Shelf



HOW TO MAKE A GARDEN

My Growing Garden. By J. Horace Mcfarland. 216 pages, Illustrated. Price, \$2.00. Published by the MacMillan Company, New York.

IF one needs encouragement and inspiration in going ahead with his garden under many adverse circumstances—such as lack of funds, poor soil, weeds galore and a general dilapidated condition, as a starter—he will receive plenty of it, as well as downright enjoyment, from reading “My Growing Garden.”

This book is written by a garden lover to other garden lovers, and is so full of the spirit of outdoors and of growing things, that one can almost smell the moist earth and see the glowing spots of color in the flower beds and bordered walks as he reads the book.

The realistic impression which the book produces is augmented by the many beautiful, full-page illustrations showing corners of the garden, flowering bushes, groups of trees, shady paths, bordered walks, winter scenes, and nearly every conceivable outdoor view.

The book tells how an old, run-down lot with house attached was transformed under moderate expenditure, but much personal labor and enthusiasm into a veritable garden of paradise.

The book is written in a friendly, chatty style, which makes it delightful reading, but at the same time it contains a great deal of plain, practical information which the amateur will find useful.

How to transplant wild flowers from the woods, where to place different species of plants—whether in the sun or in the shade—what shrubs need to be sheltered from the wind, when to plant and how to do it, how to raise vegetables and keep a fruit orchard thriving—all these and many other phases of practical gardening are told here.

All this practical information, given as it is, in a companionable, conversational style, as of one friend to another, produces a combination of utilitarian value and interesting reading which is as rare as it is delightful.

CHILDREN'S BOOK OF BIRDS

The Children's Book of Birds. By Olive Thorne Miller. 212 pages, Illustrated. Price, \$2.00 net. Published by Houghton, Mifflin Company, Boston and New York.

THE mother who wishes to teach her children to love and understand birds will find “The Children's Book of Birds” a great aid.

In the book, the author's aim was to get away from the usual form of bird book for children, which is apt to be more or less of a diluted science of ornithology, and to present the birds to her young readers neither as a target nor as a producer of eggs, but as a fellow creature whose acquaintance it would be pleasant to make.

The author's conviction of the need and usefulness of such a book is based upon her successful experience in teaching school children to love and study the birds.

The book is one that children will like to read and study. It is written in such a simple, entertaining manner that it cannot fail to arouse a friendly interest among young people in the ways and habits of their feathered neighbors and to stimulate them to further study.

The first part of the book explains in a very interesting manner the habits and the education of baby birds—how they grow, how they are fed and how they are taught to fly.

It is full of first-hand observations of birds made by the author and other authorities, and is interspersed with many bright tales of incidents in bird life, telling of the language of birds, how they build their nests, what they eat, their migrations, and their value to mankind.

The second part goes more into detail and takes up the various bird families, their habits and customs and tells the bird lover how the different birds may be distinguished.

In each bird family here treated, accounts are given of species which are found in all sections of the country, North, South, East and West, so that no reader of this book will find himself without means to study at first hand the traits of the birds described in the book.

The book is profusely illustrated with pictures showing the natural haunts and habits of birds and contains besides, a number of beautiful colored plates which will help children to recognize the common birds.

NATURE STUDY FOR BOYS

The American Boys' Book of Bugs, Butterflies and Beetles. By Daniel Carter Beard. 309 pages, Illustrated. Price \$2.00 net. Published by Lippincott, Philadelphia.



THIS is a book written primarily for boys. Although it contains the facts and information given in most nature study text-books, it cannot be called a text-book. It is more than that; for it describes the insects in such a

vivid, clear and interesting manner as to provoke young nature students to further investigation and more technical study.

The book is illustrated with drawings by the author and colored plates and will prove stimulating and instructive, not only to boys, but to anyone who wishes to enter the field of those little understood, but thoroughly fascinating little creatures, bugs, butterflies and beetles.

LAUNDRY GUIDE FOR HOUSEWIVES

Practical Laundry Work. By Louise Wetenhall. 172 pages. Illustrated. Price, \$1.25, net. Published by E. P. Dutton & Company, New York.



AS its name would indicate, this book can be used as a manual by the housewife who is in need of practical, easily accessible information concerning the methods employed in ordinary domestic laundry work.

The book was prepared by an experienced teacher of laundry work, and is characterized by all the concreteness and definiteness which mark the instructions given by a good teacher to her class.

This fact gives the book an added value to the busy housewife, who has not time to wade through a maze of explanations and directions before arriving at the information she seeks.

The author commences with the very beginning of the laundry process, and takes the reader through, step by step, until the clothes are finally folded, ready to be put away.

The chapter on materials for use in washing is a condensed text-book in itself. In it, are found extended directions for removing stains of all sorts, the best way to equip the ironing board; the most satisfactory kind of flat irons to use; and many other details.

Recipes for making starch for all purposes, and of tinting it for lace curtains, fine laces, etc., are among the practical items the book contains.

(Continued on page 94)



The Answer to the Milk Question

*Your answer to this question is
Carnation Milk.*

It is the only milk supply you need in your home. It is *safe*, it is clean, sweet and pure. It protects you and your children from all the *dangers* that lurk in milk which is not properly handled.

After the rich, clean Carnation Milk is put into cans and hermetically sealed it is *sterilized*. It cannot become contaminated. When you open it, it is as wholesome, pure and healthful as when fresh from the cow.

Use Carnation Milk diluted for cooking, baking and for drinking; undiluted for coffee and over fruits and cereals.

Do as the western housewives do—keep a few cans of Carnation Milk in the pantry and the rest of the case in the basement or the store room.

Our special, handsomely illustrated recipe book contains tested, evaporated milk recipes for everyday dishes and special ones—we send it free on request. Write for it now.

Order it by the case. If you are not already a user, try three cans. Your grocer is "The Carnation Milkman."

Carnation Milk Products Company

635 Stuart Building, SEATTLE, U.S.A.



—From Contented Cows

(Continued from page 20)

should not be confined to the upper story.

* * *

The cellar is often a very fruitful cause of contamination. See that the windows there are kept open, and that the floor is well cemented. Keep the holes through which water, gas and sewer pipes pass, tightly closed around the pipes to prevent the passage of harmful gases. Remember that foul air rises, and by keeping the basement sweet and pure, you are materially affecting the atmosphere of the whole house.

* * *

Do not over-heat. The general tendency is to maintain the house temperature at a much higher rate than necessary, rendering the pampered body much more susceptible to cold and change of weather. Nature will not produce bodily heat that is not utilized, but may be safely relied on to supply all reasonable demands.

* * *

If you are sensitive to cold, exercise and build up your power of resistance. Walk more, ride less. The healthy, ruddy complexions of the walking races of Europe testify to the beneficial effects of this form of exercise. Golf, horse riding, tennis, these are all desirable, but the expense attached to them is more or less prohibitive.

* * *

There is no cost attached to the daily tramp, and the value of the result is incalculable. Who has not felt the cleanliness of soul, the mental and physical exhilaration, the very essence of the joy of life, that comes from a long tramp out into the very heart of nature, with the beauty of winter snows mantling the landscape, and the crispness of the air to send the red blood dancing through the veins.

* * *

Or who has not walked beneath the quiet stars, and in the still majesty of nature caught, however vaguely, some-

thing of the unchanging, all-pervading presence of the Great Father, and realized so truths he would never have found amid the hurly burly of city life.

* * *

The ordinary self indulgences of modern life lose their attraction for the man who lives close to nature. He eats simple food to satisfy a natural appetite. He does not need complicated and harmful concoctions to coerce a jaded and over-indulged stomach.

* * *

The man who lives close to nature does not desire stimulants. Vigorous and abounding health is self-stimulating. He is optimistic, cheerful. Worry and fear are strangers to him. He is laying the foundation of a long and useful life.

* * *

Children should be trained to the generous use of water, internally as well as externally. Its solvent properties, passing through the kidneys, carry away almost all the organic waste matter of the body. Hot water should be taken before breakfast to cleanse the stomach and prepare it for the work of the day. Ice water is injurious, frequently causing anemia of the stomach, but cold water should be taken generously between meals.

* * *

The importance of an abundant consumption of water can readily be understood in the face of the fact that of the total weight of the body, not less than 70 per cent. is composed of fluids.

* * *

Children should be taught, too, the value of deep breathing. Encourage them to habitually fill the lower part of the lungs as well as the upper. It is a good plan to teach them to go out before breakfast and inhale deeply the sweet, clean morning air a given number of times. This valuable practice will increase the elasticity of the lungs, as well as the capacity, and help tide them safely over the trying period of growing youth.

KNOX

SPARKLING GELATINE

(Granulated)

THE housekeeper who keeps in mind the endless variety of Knox Gelatine uses, saves herself time, expense, and worry about what to "have" for the table. She saves *time*, for Knox Gelatine dishes are easily prepared; saves *expense*, for Knox Gelatine is most economical (a package makes 4 pints); saves *worry*, for there are Knox dishes for every meal, every course, every occasion.

Our 1916 Recipe Book

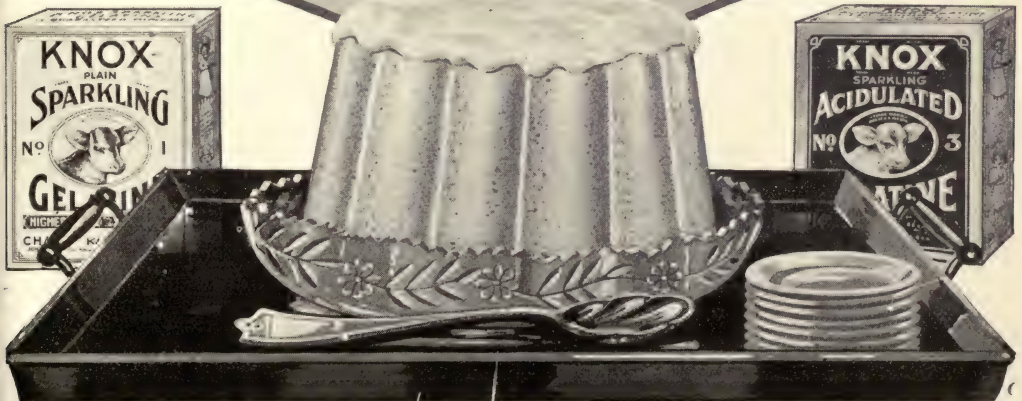
shows you how to make all these good things. It is sent FREE for your grocer's name. If you wish pint sample enclose 2c stamp.

CHARLES B. KNOX Co., Inc.
Knox Ave., Johnstown, N. Y.

A recipe from the new book for a dainty, delicious maple dessert:

KNOX MAPLE SPONGE

Soak 1 envelope Knox Sparkling Gelatine in 1 ½ cups cold water 5 minutes. Put 2 cups brown or maple sugar and ½ cup hot water in saucepan, bring to boiling point and let boil 10 minutes. Pour syrup gradually on soaked gelatine. Cool, and when nearly set, add whites of 2 eggs beaten until stiff, and 1 cup chopped nut meats. Turn into mould first dipped in cold water, and chill. Serve with custard sauce made of yolks of eggs, sugar, a few grains of salt, milk and flavoring.



Successful Campaign in Duluth

Duluth, Minnesota.

AS the work of the Housewives League for 1914-15 is reviewed, it divides itself into two parts—the activities and the lectures. Each was a stimulus to the other and both effective in satisfactory results.

The attention of the League was focused upon the following points:

Correct weights and measures.

Sanitary shops.

Covering of cooked food in delicatessen shops.

Elimination of food display on the streets.

Inspection of bottles taken from city dump; and

The use of a sanitary flour bag.

Inspection in these departments was carried on through committees appointed by the president of the League.

There was an attempt made to establish a branch League in the west end of the city with a visiting housewife installed whose business would be to demonstrate to and assist housewives in preparing nourishing, sanitary food for their families.

Upon investigation this plan proved too expensive for the League to carry out but as a result of the League's effort to establish a visiting housewife, other organizations have been led to appreciate the necessity for such an office and this year a visiting housewife will probably be established in Duluth.

Through the effort of Mayor Prince and the Housewives League the entire Armory building was secured for a permanent market.

In it there is not only ample room for a fine market but room for the proper care of horses and wagons and, last but not least, it provides a rest-room for the farmers' wives.

At this time the attention of the League was drawn to the great need in certain school districts for the penny luncheon for children inadequately nourished at home. As a result the League selected the largest, most needy school

district in the city and served a hot luncheon to an average of forty children a day for four months.

The children were urged to pay a penny for the luncheon but as it was impossible in many cases the luncheon was given away.

The Public School authorities did not allow the League to use school property or equipment for their lunches, so accommodation, equipment and the excellent cook were furnished by the League besides a nourishing luncheon, at a total cost of twenty dollars a week.

In order to raise money for so expensive an enterprise the League bought a matinee performance of one of the largest theatres in the city—selling tickets at the popular price of twenty-five cents and advertising the event far and near. As a result one hundred and thirty dollars was cleared.

Through the valuable interest of one of the leading members of the largest men's club in the city, one hundred and sixty dollars was raised by subscription in the club and presented to be used for the penny lunches.

While this work was carried on the League members were interested and inspired by various good lectures furnished by prominent people in civic work in the city.

Postmaster McEwen demonstrated the growing importance of marketing by parcel post—thus bringing producer and consumer in close touch.

The physician in charge of the medical inspection in the public schools urged the need of better food for a large class of school children.

One of the school nurses addressed the League on "School Health" giving valuable information in regard to precautions taken in contagious diseases.

This lecture was followed by the last one of the year—on "Dental Sanitation."

IDA JOSEPHINE WATSON,
President of the Housewives League,
Duluth, Minnesota.



No Matter What You're Baking

Whether its plain bread or cream puffs, hot biscuit, or angel food—the flour for you to use is

Pillsbury's Best

You don't need one flour for pies, one for cakes, one for bread and one for something else.

Pillsbury's Best is an all-purpose flour. With it and the Pillsbury Cook Book with its tested rules you are *Sure* of wonderful results.

For Easy handling, for sure results, get that flour of Extra Quality—Get Pillsbury's Best.

MRS. HEATH'S MESSAGE

(Continued from page 13)

feet. The spending of the wealth of the world is in our hands. For what reason? For the maintenance of the home—for the building of nations.

HOW lightly we have taken these things. We have talked glibly of conditions in industry, in manufacturing, in trade, of which we had but little definite knowledge.

We talk of impure foods. It is all a question of supply and demand, for, if we never bought any impure foods they could not be manufactured. We are now in direct relation with all of the commercialized home industries, and that direct relation is beginning to bear fruit in that we are learning the conditions and principles of production and marketing.

We create the demand, but we must be sure that that demand is an intelligent one. We must know what we are buying; we must be sure that the demand which we create for the good of the consumer is also for the good of the producer.

How much more careful we have become in our demands. We have learned to see things from both sides of the question. I was very proud some two years ago, when the price of bread was raised in some cities, to find that our organized housewives did not demand a lower priced bread. There were investigations and our housewives attended, but the demand was not made because we knew that the baker had been obliged to pay more for his flour, because wheat was high, and that high-priced wheat was due largely to the increased demand.

The investigations brought out some very interesting conditions that the consumer should know and we are grateful for this, but we did not, as an organization demand that the baker sell his bread at a loss.

THE awakening has come to the housewife as to her economic position

(Continued on page 92)

HOW TO BUY CANNED GOODS

(Continued from page 54)

and one-half to three ounces of syrup as described above and seventeen to seventeen and one-half ounces of young, tender, sweet corn.

The story from a commercial point of view is this: When you buy a can of cheap corn you are buying from eight to twelve ounces of water, with a little salt in it, and an equal amount of mature corn, for which you pay six cents; it will cost you three cents to serve it at least, which makes your total cost nine cents.

If you will watch the offal of your table you will discover that fully ninety per cent. of the corn served is thrown away, in lieu of which other foods are consumed, which means you are only getting ten per cent. service out of your investment; in other words, you are losing or throwing away eight cents and one mill of your total investment of nine cents. Is there economy in this?

When you buy a can of fancy corn you are getting twice the amount of corn and one-fourth the liquid.

Cans cost money; water is very common and cheap; don't buy canned water when you want food. You will find no leavings when real fancy corn is served. This means a full hundred per cent. service on your investment, besides the saving on the foods consumed in lieu of the poorer corn.

Unfortunately for our business, but few of our housewives realize the real food value of canned corn. The facts are, *the food value of a can of real good corn is equal to three times its price of any of the other staples, like meat, and can be consistently served with results that will prove the truthfulness of that statement.*

Economy with efficiency is therefore the secret of the solution of the problem of the high cost of living.

Don't Forget

WHEATENA

Primarily a Breakfast Food, *BUT*

First, Last and Always

A perfect food of unlimited goodness, demonstrated at the Headquarters of the National Housewives League and recommended by the Housewives who have used it. : : : : :

TRY IT—*Just* TRY IT

If you do not know Wheatena, write for free sample and recipe booklet.

The Wheatena Company

Wheatenaville

RAHWAY

NEW JERSEY

HOME DECORATION

(Continued from page 32)

Overcrowding is our besetting sin; overcrowding our walls with pictures of small account; overcrowding our tables and bookcases with petty things and our mantel-shelves with ornaments of no real significance or photographs which properly belong in a bedroom with other purely personal possessions.

Whether you can afford for your living room costly engravings or merely carbon prints, bronzes and marbles or only plaster casts, American beauties or wayside berries—these are minor details.

Willow chairs and settees upholstered in chintz will prove as comfortable as fine upholstered furniture if the latter is beyond your means. The point is to have in everything from the big to the little pieces of furniture, from the main reading lamp to the smallest flower vases—things which are good in line and color and honest in workmanship, however plain or simple they may be.

IT is idle to simply envy those lucky women who can start out from the beginning to furnish a new home or remodel an old. Let us rather take a suggestion from the Boy Scouts with their "one good deed every day," and make it our practice to add one improvement each week in our homes. It need not be a new purchase; it may be only the getting rid of something already bad or useless without which a room will be better off, or the recovering with an inexpensive cretonne slip a shabby chair.

At all events let us put our wits to work to make the best of what we have, and then when we do invest in a new bit of furniture or decoration, let it be something really worth while.

STORY OF THE MATCH

(Continued from page 60)

out of date. A large American match concern has established a factory at Liverpool, where, with its modern methods, it is enabled to turn out a product superior to the English match at a lower price. In some parts of Europe the match-boxes are still made by hand in the old-fashioned way."

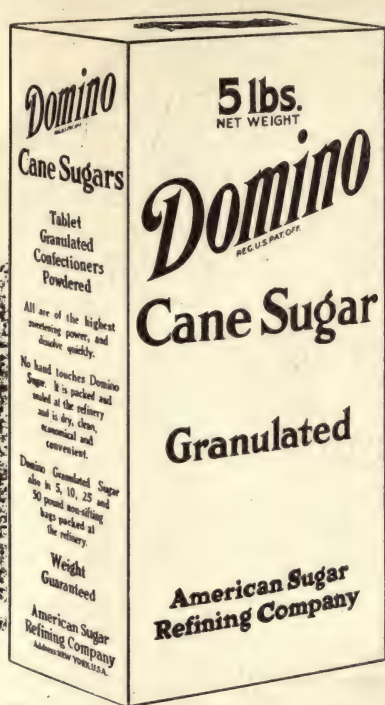
How Matches are Made

"DID you ever visit a match factory?" asked the Story-teller.

"It is very interesting to watch modern machinery turn out these matches at almost miraculous speed. First the splints are prepared from blocks of pine from which the knots and cross-graining have been removed. These blocks come to the factory in two-inch planks, thoroughly dried. They are sawed to lengths of one and seven-eighths to two and one-half inches; then they are passed through a machine which cuts them into thin strips; each strip contains splints for forty-four matches. As each set of splints is cut from the block it is placed in cast-iron plates, which are formed into an endless chain.

"The splints have now been cut and set in the plates. The next step is to carry them over a drying block where they are heated. They are now ready to have the composition applied to their heads. This composition consists of a mixture of paraffin and other ingredients. As the splints pass along the endless chain, the head of the match is coated at the composition rollers. The matches are cooled and dried by blasts of cold air. Then they are automatically packed in boxes, which are fed into a machine automatically and passed to a rotating table, where girls paste on the box-covers."

"That is the way we get the fire that we carry in our pockets," exclaimed the match-maker. "It is the result of American genius. Fire, which once ranked as divine, and was the chief care of the savage matron, is now carried in its passive state in everybody's pocket."



Say "Domino Granulated" instead of just sugar

Be as particular when buying sugar as you are with other foods. Buy Domino Granulated Sugar—ask for it by name. You use so much sugar in so many ways that its cleanliness and sweetening power are very important. It is a perfect cane sugar, purified, properly refined and packaged. *Know* what you are getting. Domino is also sold in the forms of Tablet, Powdered and Confectioners sugar.

American Sugar Refining Company

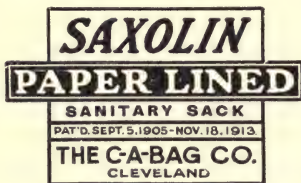
Do your
share



To Insure Cleanliness

insist that every Sack
of FLOUR you buy
bears this mark of

Assurance of Cleanliness



The Sack that keeps the Flour *IN* and the Dirt *OUT*

Every brand of Flour
packed in this Paper
Lined Cotton Sanitary
Sack is delivered in
your home as pure
and clean as when it
left the mill.

No Flour Sifts Out
No Dirt Enters In

**Your Grocer
can get it**

**The Cleveland
Akron Bag Co.**
CLEVELAND, OHIO



DISHONEST LABELS

(Continued from page 34)

Saver. "Can be used for all purposes for which eggs are used. Cannot be used for *fried or scrambled eggs*." "Equal to four dozen eggs except in *nutrition*."

After having read the entire label very carefully some of the statements like the above (there were many others) struck me as being very incongruous in view of the fact that the manufacturer said that the compound could be used for all cooking purposes which required the presence of eggs, *but that they could not be fried or scrambled*.

The other statement was also very odd to my way of thinking, since he stated that the "egg saver" was equal to four dozen eggs, except in nutrition.

Any person possessing the smallest grain of common sense and reading that label very carefully ought to arrive at the conclusion that the stuff was a rank fake.

If a product is egg, it can be boiled, baked, fried or scrambled. Also, if it is egg it is equal to egg in nutrition.

Analysis of the product showed that it was merely cornstarch, albumen and coal-tar dye to make it yellow. It cost twenty-five cents a package, and an equal amount of pure cornstarch could have been purchased for ten cents.

A careful reading of the label and a consideration of the statements thereon should have warned the housewife that the thing was crooked. Read the label carefully.

The technical labels are even worse than the legally lying ones, because the housewife gets no information after she has read them. A safe rule to follow is that when one finds a label on which the statements are not clear and concise and in plain, everyday English one should send the article back to the grocer.

DISHONEST LABELS

"Bottled Smell" Sold As Flavoring

I HAVE a great many examples of the technical label in my collection, but the following will serve to illustrate the point. The label is from a bottle of flavoring extract and reads, "Terpeneless Extract of Lemon." Now, to the average housewife, who is neither a chemist nor a scientist, the word "terpeneless" means less than nothing. The product is a *legal* one, however, and is *legally labelled*.

Oil of lemon, from which true extract of lemon is made is composed of two parts, the citrol or odorous principle and the terpenes or resinous portion. Oil of lemon is soluble *only in very strong alcohol*, but if the oil of lemon be washed with dilute alcohol the citrol or odorous part is dissolved and the oil or terpenes are left untouched by the dilute alcohol. The washings are bottled under the name of "terpeneless lemon extract" and the original oil is then dissolved in strong alcohol and sold as true lemon extract. Thus the crooked manufacturer makes two separate and distinct profits from the same lemon oil.

Terpeneless lemon extract is really nothing but bottled smell and has little value as a flavoring medium.

I could go on for an endless time calling your attention to similar frauds, but bear in mind the fact that you must *read the label carefully*, and if you find obscure or indefinite statements or technical phrases it is very often an indication that the manufacturer is trying to defraud you. If he be honest and is making an honest, clean product, he will not be ashamed to label it in clear, easily understood English.

Shun the evasive label and stick to the man whose goods are free from drugs, dyes and chemicals.



HOTEL ASTOR Uncoated RICE



RICE varies as greatly in quality as coffee and tea and prudence demands that you exercise the same care in selecting it. Pure, uncoated rice, free from glucose, talc, etc., is one of the most healthful of foods—coated rice is a menace to health. You are safe when you use Hotel Astor Uncoated Rice.

Costs no more Than Ordinary Rice

Carefully selected and automatically packed under the most sanitary conditions, Hotel Astor Rice comes to you in a sealed carton, clean, and fully protected from dust and dirt.

And from the breakfast cereal to the luncheon croquette, and on to the dinner pudding, the use of Hotel Astor Rice is economical, because it is absolutely free from broken, imperfect grains—each perfect grain is a part of a perfect package.

Hotel Astor Rice and Pimentos

1 cup Hotel Astor Rice
1 small can pimentos
1 cupful grated cheese

2 eggs
 $1\frac{1}{2}$ cups milk
Salt and pepper to taste

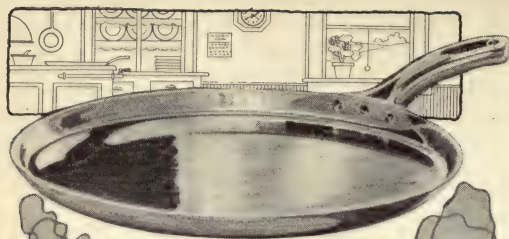
Boil Hotel Astor Rice in plenty of salted water, drain. Add the pimentos (chopped), the eggs (well beaten), milk and seasoning. Bake in a buttered baking dish for 20 minutes in moderate oven.

*Hotel Astor Rice is sold in sealed cartons only
10c. for a full pound in the yellow carton*

If you are not using Hotel Astor Rice, we want you to try it. For sale at most good grocers—if yours cannot supply you, send 10c. for a full pound carton.

B. FISCHER & CO.

190 Franklin St., NEW YORK



Karo Syrup—Approved by Men, Women and Children who like good Syrup

You can't go far wrong if you follow the American taste. For four hours every morning there is a golden rain of Karo Syrup being poured over griddle cakes, waffles and hot bread, by lovers of Karo from ocean to ocean.

The Corn Products Cook Book, full of fine recipes, tells how to make delicious candy and preserves with Karo Syrup. Free—send for it.

\$2.25 Aluminum Greaseless Griddle for 85 CENTS IN CASH

Go to your grocer today and get 50 cents' worth of Karo and send us the labels and 85 cents in stamps or money order. We will send the griddle by prepaid parcel post.

Corn Products Refining Co.
Dept. Y.Y.
New York
P. O. Box 161.



Crochet Book FREE!



Many New Designs

to any lady sending full size ball of

RICHARDSON'S R. M. C. Cordonnet; Art 65

This is the genuine Mercerized Cordonnet Cotton in universal use. Order ball by size. Send only 10c. and you will receive this valuable book free. We pay all shipping charges. Made in

White, Sizes— 3, 5, 10, 15 20, 30, 40, 50, 60, 70, 80.
Ecru, Sizes— 3, 5, 10, 15, 20, 30, 40, 50, 60.

SPECIAL OFFER

With each order for 5 or more balls at 10c each, we will include FREE, our new Book of Crocheted Yokes in addition to the Crochet Book if unable to obtain cotton at your dealers. The Yoke Book is 10c if purchased separately. Offer good in U. S. only.

Act NOW! Write for this introductory offer today.

RICHARDSON SILK COMPANY

Makers of Richardson's Spool and Embroidery Silks
Dept. 2334. Chicago, Ill.



MRS. HEATH'S MESSAGE

(Continued from page 86)

and this position is recognized by the whole world. She has made of her housekeeping a profession; put it on a business basis. There must be no lagging behind; rather there must be a tightening of the lines.

A great scientist recently said that, "Science develops only for the upbuilding of mankind."

Are we ready to apply science and its effects to our home—to the units of society for which we are responsible?

The housewife bears a most intimate relation to every problem of the day. The conditions of industry, the conditions of trade, commerce, the great question of preparedness, prosperity, national supremacy.

Are we equipped for this important position?

Do we know?

It looks like a large undertaking, but it is not, because each housewife is only responsible to the individual members of her own family. Our whole organization is based upon individual responsibility and then concerted action.

ONE hundred and six different varieties of almonds have been received at the United States Plant Introduction Gardens at Chico, California, and will be set out in the near future.

Records will be kept of the experiments in an effort to determine those which can be grown in this country with the greatest profit.

These trade-mark cross-cross lines on every package

GLUTEN FLOUR DIET FOR DIABETICS

Kidney and Liver Troubles, Rheumatism, Obesity and ills arising from excess of Uric Acid

Rich in Protein. Ask your physician. Leading grocers. For booklet or sample, write

FARWELL & RHINES, Watertown, N.Y., U.S.A.

Follow recipes on wrapper

Kornlet

The Milk of Green Sweet Corn
The Hagerot Canneries Co.
Cleveland, Ohio

BUTCHER'S DIPLOMA

(Continued from page 44)

inasmuch as such good and wise inquiry is proper, we butchers to whom it is not becoming to embitter or refuse anyone during his apprenticeship, request is made that such a certificate due him be granted; therefore, we, considering ourselves as being willing and indebted to do this, state and witness hereby with our oaths and duties supporting our merciful, as well as our authorities, that JOHAN DECKER has always shown himself in accordance with trade rules as honest, pious, faithful and industrious, as it behooves an honest and respectable young man, highly praised by his father and mother; and that we release him from apprenticeship and grant him the dignity of our profession, respecting it and his kind request.

"We beg of you to grant him such a certificate on the ground that this JOHAN JACOB DECKER, having learned the trade from his father, likewise a tradesman by profession, and because he (the former) has shown himself upright and honest, and furthermore, that we manifest our good will toward his promotion by accepting his recommendation; such case being brought before us in whose charge it is due to the profession of each, we are hereby willing and ready to attest the certificate, not only with the Guild-Master's own signature, but simultaneously with the affixed copied seal of our guild, be it known that such was confirmingly done.

"At Neuwied, A-R, August 24, 1777.

JOHANES BAUM,

First Master of the Guild.

JOH. PETER DECKER,

Youngest Master of the Guild.

JOHAN JACOB REISS,

Sworn Master Workman."

Jacob E. Decker, head of the Iowa packing firm and a namesake of the recipient of this Master Butcher's diploma, is a lineal descendant of this ancient craftsman, as is his son, Ralph W. E. Decker. It is remarkable for a family to remain for so many generations in the same trade. And yet with such ancestry as this, it is a thing of which to be proud.



26 children were poisoned last year in only 11 states

Fly Poison Kills More Children Than All Other Poisons Combined

For Safety's Sake, Use

Is there in your home, anywhere within baby's reach, a saucer of arsenic poisoned paper floating in water, or a can with a sweetened poisoned wick?

During 1915, 26 cases of fly poisoning were reported from 11 states; in 1914, 46 cases from 14 states. *Fly poison kills more children than all other poisons combined.*

Yet fly poison still is left unguarded except in the homes where mothers have learned that the *safe, sure, non-poisonous*, efficient fly catcher and destroyer is

TANGLEFOOT



The Journal of the Michigan State Medical Society comments thus in a recent issue:

"Symptoms of arsenical poisoning are very similar to those of cholera infantum; undoubtedly a number of cases of cholera infantum were really cases of arsenical poisoning, but death, if occurring, was attributed to cholera infantum.

"We repeat, arsenical fly destroying devices are dangerous and should be abolished. Health officials should become aroused to prevent further loss of life from their source. Our Michigan Legislature, this last session, passed a law regulating the sale of poisonous fly papers."

The O. & W. Thum Co.
Grand Rapids, Mich.



AND NOW A FEW DROPS

of that delicious flavor—

MAPLEINE

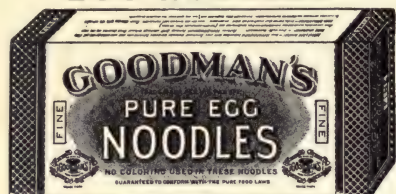
—in the frosting, the dainty
dessert and for flavoring
simple syrup it is fine.

1-oz. 20c., 2-oz. 35c.

Grocers sell it or write Dept. 43

CRESCENT MFG. COMPANY
Seattle, Wash.

EAT GOODMAN'S EGG NOODLES



SOLE MAKERS OF THE
BERLINER TEA MATZOTHS
SOLD EVERYWHERE
A. Goodman & Sons, Inc., New York



Picks Up Dust Like A Vacuum Cleaner

That fine clinging dust
that settles on furniture,
tables, pianos, mantels, picture
frames, vases—on everything
about home and office—can best be
removed with a Dustless Dust Cloth
made dustless with

3-in-One

The Universal Oil

Take a piece of common cheese cloth.
Sprinkle lightly with 3-in-One and put
away until the oil permeates the cloth
thoroughly. Then wipe the dusty
surface. The dust will cling to
the cloth, and shake off easily out
of the window.

3-in-One is sold at all stores: In bottles,
10c, 25c, 50c. In Handy Oil Cans, 25c.

FREE—Generous sample and Dictionary
of Uses.

Three-in-One Oil Co.

42 KUH. Broadway, New York



LEGISLATIVE DEPARTMENT

(Continued from page 68)

to prevent their doing it now, and that the proposed change in the law would simply legalize adulteration. Of the provision for mixing the "product of any other grain" with wheat flour they are particularly suspicious, as they say it opens the way for extensive adulterations with corn starch.

At the hearing on the bill, Dr. Harvey W. Wiley pointed out that corn, although an excellent food, cannot in any way be considered the equal of wheat, since its protein is not of the kind that furnishes material for growth. The introduction of starch into flour he considers a still greater evil, a "threat to the very efficiency and welfare of the nation," since most persons in straightened circumstances get too much starch already. If the mixture is permitted, he says, there are plenty of people who will eat it and will suffer to just that extent in the building up of their bodies.

Housewives agree with the millers and bakers in wanting to see the bill defeated.

In order that Congress may have no doubt as to where the consumer stands, however, it would be well for every housewife to write to the chairman of the Ways and Means Committee, Hon. Claude Kitchin, asking him to use his influence with the committee to secure a report unfavorable to the repeal of the existing law.

LAUNDRY GUIDE

(Continued from page 80)

The best way to dry clothes, with special directions for everything, from delicate lace curtains to eiderdown dressing gowns, is explained in a clear manner, and is further illustrated by photographs. Complete directions, with illustrations of the process, are given for methods of fancy ironing, frilling, goffering, etc.

The special treatment required by silks, wools, fine laces, padded garments, knitted goods, etc., is fully explained, so that, no matter in what dilemma the inexperienced laundress finds herself, she can turn to this book for help.



A NEW AND PROMISING FIELD FOR WOMEN—HORTICULTURE AND LANDSCAPE
GARDENING

See article on page 29.

DEPARTMENT OF COMMERCE

WASHINGTON, D. C.

SHORTAGE OF PAPER MATERIAL

Save Your Waste Paper and Rags

The attention of the Department of Commerce is called, by the president of a large paper manufacturing company, to the fact that there is a serious shortage of raw material for the manufacture of paper, including rags and old papers. He urges that the Department should make it known that the collecting and saving of rags and old papers would greatly better existing conditions for American manufacturers.

Something like 15,000 tons of different kinds of paper and paper board are manufactured every day in the United States and a large proportion of this, after it has served its purpose, could be used over again in some class of paper. A large part of it, however, is either burned or otherwise wasted. This, of course, has to be replaced by new materials. In the early history of the paper industry publicity was given to the importance of saving rags. It is of scarcely less importance now. The Department of Commerce is glad to bring this matter to the attention of the public in the hope that practical results may flow from it. A little attention to the saving of rags and old papers will mean genuine relief to our paper industry and a diminishing drain upon our sources of supply for new materials.

A list of dealers in paper stocks can be obtained from the local Chamber of Commerce or Board of Trade.

WILLIAM C. REDFIELD, Secretary.

APPEAL TO PATRIOTIC HOUSEWIVES OF AMERICA

POSTER ISSUED BY UNITED STATES DEPARTMENT OF COMMERCE TO AID IN RELIEF OF THE PAPER INDUSTRY IN THIS COUNTRY.



VOLUME VII

May, 1916

NUMBER 5

The Revival of the Ragbag

National Peril to be Averted Through Ragbag
and Junk Man

By MRS. RICHMOND FERMOR

Save your rags! History is repeating itself in the appeals now being made to the housewives of the nation by the Department of Commerce, by the paper makers and by chambers of commerce to save their waste paper and rags for the purpose of saving the paper industry of the country and the numerous other in-

dustries which are dependent upon it.

It was upon the housewife's ragbag that the American paper industry was founded, and now she is being asked to revive that time-honored institution for the purpose of saving the industry from the evil days upon which it has fallen.

* * *

DURING the entire early history of the paper industry in this country frantic appeals were made to the custodians of the nation's rag supply and so great was the difficulty of securing a sufficient supply of this raw material that newspapers were often obliged to suspend publication or reduce their size for want of paper.

The present situation is more serious than any in the past, for owing to the great development which has taken place in the uses of paper, a failure of the supply would dislocate business to an extent impossible fifty or one hundred years ago.

And there are only two ways in which such a failure can be prevented. One is

by the immediate suspension of hostilities in Europe, and the other by the immediate revival of the family ragbag, with the addition of a paper bag, or better, a metal box, for a bag will not hold the modern accumulation of paper in the average family and such waste, if not stored in non-inflammable receptacles, is a frequent cause of fires.

Caught Between Many Fires

NO industry has been harder hit by the war than the paper industry. "The trade has been caught between many fires from which there is no immediate hope of escape," according to one manufacturer.

For a great part of their raw materials the paper makers have heretofore

New Duty for Housewives—Raid Your Ragbags

depended on imported stock. Rags, pulp and chemicals have all come from abroad in large quantities, and now these supplies are cut off, either by the vicissitudes of war or by embargoes.

The French, British and Russian governments have all forbidden the export of paper and paper materials, for paper is used in making shells, and cotton rags are just as useful as any other sort of cotton for the manufacture of gunpowder, besides being, up to the present time, considerably cheaper.

Pulp is still being obtained from Canada, but the possibility has to be faced that the Government of that country may requisition all paper and paper materials for war purposes.

The Federal Government has been trying to secure a modification of the European embargoes, but so far without avail.

In the case of France the embargo is a particular hardship, as a great quantity of material has been coming from that country.

Powdered Milk and the Paper Market

BESIDES having their foreign supplies cut off, the paper makers have had to surrender large quantities of domestic stock to Europe.

Cotton rags are in such demand for powder-making that the manufacturers of writing paper were the first to feel the present stringency. The supply of dyes and bleaches, which are largely imported, is almost exhausted. Even the demands of the allied armies for condensed and powdered milk is affecting the paper industry, for casein, an ingredient of milk, is largely used for coating purposes.

For the past three or four years sev-

enty per cent. of the stock has come from Europe. Now it is scarcely obtainable at any price.

It is not surprising under these circumstances that paper should have advanced forty or fifty per cent., and that all orders are being accepted only on condition that the goods "when and if made" are to be billed at prices prevailing at the time of shipment.

In some cases patrons are told that if they want paper they must furnish the material, which they are very glad to do when it is in any way possible. Bad as the situation is, however, it is bound to get rapidly worse unless the public can be induced to save its waste paper and rags.

Where Waste Means Woe

THE paper makers have appealed to Congress to investigate the situation with a view to ascertaining the advisability of placing an embargo on paper stock. This, though it would help, would not solve the problem, since our normal supply is not sufficient to our needs, but experts say that if all the waste paper and rags in the country were saved there would be no shortage. This the Department of Commerce asks the people to do.

A million copies of the appeal here reproduced have been printed and distributed as widely as possible.

In addition to this poster the Department is preparing a list of dealers in paper stock which will be sent to anyone who expresses a desire to save rags and paper.

The appeal of the Government is being supplemented by appeals to special localities by paper manufacturers and chambers of commerce, but as yet it is

(Continued on page 82)

The President's Message

By MRS. JULIAN HEATH

Founder and President of National Housewives League



DEAR MEMBERS of the Housewives League:—

Your president is sending this special message to you to call your attention to the three special committees which have just been appointed by the National Executive Committee. These Committees are:

Committee on Vital Conservation.
Committee on Food Survey.
Committee on Thrift.

Specifically, these three committees have to do with a reduction in the cost of living and with efficient housewifery.

In the broader sense they have to do with the building of better homes and a better, stronger nation, intelligent consumption and its economic effect upon industry, commerce and trade and the elimination of waste in the production of the wealth of the world.

During the past four years of our work, which has been broad and inclusive, we have touched upon every phase of industry, commerce and trade, and we have seen the far-reaching effect of the home upon the commerce of the world. We have felt our own intimate touch through the home out into the world and we have felt our power and our strength.

There has been a great awakening of our housewifery in its broader sense and it has now developed into a desire for intensive work. For the past year the demand for intensive work has been coming to me continually from our members. They have said, "We want now to take up the problems of our own kitchens, our own homes."

In other words, this great awakening of the housewife to her economic function and the breadth and scope of housewifery has brought to her the desire for individual, home efficiency.

* * *

THIS individual, home efficiency should be our watch-word for the coming year. Not that we will relax in the least our touch with the outside world, but by the development of individual, home efficiency we shall have a still greater effect upon the larger housekeeping. Our three new national committees will develop this individual, home efficiency.

* * *

THE Committee on Vital Conservation is charged with the task of creating a desire among housewives for a knowledge of food values and the principles of nutrition. Do not say that we have been "studying this for many years." Only yesterday, when I presented the subject—Food and Nutrition—the above answer was given me.

Advice to Housewives—Study Nutrition

There were 311 women in the room, at the time, to whom I put the following questions:

How many of you know the food value of the dinner which you have left to be prepared for your family?

How many of you know whether it is a balanced menu or not?

How many of you know that it is really going to *nourish* the individual members of your family?

Out of the 311 women, only nine could qualify as having this knowledge. Isn't that appalling? And yet we are not to blame because until recently we did not realize how vitally important was a knowledge of food values and the *principles of nutrition*.

The other day a woman of fifty, who has been studying nutrition, told me that her "mother was an ideal mother and housekeeper." She added, however, "I feel that I have been cheated because my mother did not know the principles of nutrition, for I have been an invalid all my life and this handicap has come from malnutrition."

Proper feeding means physical up-building, and physical up-building means ability and strength. Strength and ability of the individual means strength and ability of the nation.

This, the study of nutrition, is to be our next great work. It is not going to be easy for us to arouse women to their responsibility in the matter of proper feeding, but we must do it. Someone has said that it could not be done with the women of this generation.

We women of this generation know better than that. Consider how carefully the expert machinist cares for his machinery. Shall it be said that we, the housewives of the nation, do not take the same care of the physical machines which are entrusted to our care?

Pray do not let us go on, in the same way, giving food to our families and yet not knowing whether or not we are feeding them. When I say feeding them, I mean nourishing them. It is easier, I know, to cater in the same old way, just as we have been doing all our lives, as our mothers did before us, but our eyes have been opened and our responsibility is greater, and we must rise to this responsibility.

I know that possibly you who read this will say, "Well, I am strong and my whole family is healthy and strong, therefore, why should I change?"

One woman told me yesterday that she knew nothing at all of food values, but that she had a healthy family. She loved her housekeeping and she guessed that she had "just hit it."

Housewives League Forms Special Committees

Are we going to run that risk of falling short of the mark when the health of each member of our family depends upon our "hitting the mark?" No, this is a serious responsibility and we must take it upon ourselves for the good of the individual members of our families, the good of the home, the good of the nation.

Then, too, this knowledge of food values is going to reduce very materially the cost of living, because we will get the best results for the least money—and final results that count in the end.

* * *

THE Committee on Food Survey is charged with the work of a complete food survey of the states. This food survey to be not alone of agricultural products, but of commercial products also.

The work of this committee will be of vital interest to every housewife, because it should put at her command a full knowledge of the foods of her own state and make her an intelligent consumer of those foods.

The work of this committee will also extend to the elimination of waste in foods. Let us take a lesson from the countries across the water now engaged in a fearful conflict, not alone the conflict of arms, but an economic conflict. They soon learned that there must be a conservation of their food supply.

We do not know what is before us, but the housewife can be prepared to do her share if need be.

There should not be one bit of waste of the products of the earth this coming year. No food should be allowed to waste on the ground; all should be used, and if the present manufacturing plants cannot take up that supply the states or the Federal Government should. The knowledge that we seek through this food survey will help us consummate this work.

* * *

THE Committee on Thrift will have a most interesting program to present to you a little later. The very word carries with it great possibilities through our Leagues.

And so, I present to you these three great special committees.

The organization of the committees is not complete, and I present them to you, asking for suggestions not only as to the organization of the committees, but for their plan of work.

These are three national committees in which you, as a member of the Housewives League, must take a part if the work is to be effective as all of our work has hitherto been.

Write for information, give us suggestions, but, moreover, make yourself a member of these three committees to help us work out the real problems.



COMFORTABLY FURNISHED PORCH IN THE SUMMER HOME OF JOHN DREW

How to Furnish Your Home

DEPARTMENT OF HOME DECORATION



NLY a few years ago a porch was a porch—and nothing more. But not so to-day. The porch has at last come into its own and in country, suburban and even in city homes is furnished as one of the most important rooms in the house.

And this is as it should be. For, wherever the home is built, however unpretentious its style or small its size, we need, all of us, some kind of a porch room to keep us in closer touch with the out-of-doors. Indeed, with the sleeping porch, the dining porch and the living-room porch confronting us on every side to-day there seems no need for argument on this score.

The whys and wherefores have already been settled. The furnished porch is no longer a luxury for the rich but an essential for every well-furnished home; preferably a room to be enjoyed winter and summer the year around, but at least one that shall be lived in more than any other room in the house as soon as the warm days come.

LET us suppose, then, that you already have such a porch room, a connecting link, as it were, between the little world of your own home and the larger world without.

Or at least let us assume that you realize what you are missing for the lack of one and have already made up your



SKILFUL USE OF COLOR TONES WHICH MELT INTO NATURE'S OWN BACKGROUND

The Sun-Parlor Porch

By MISS VIRGINIA EARLE

mind to remedy matters as soon as possible.

In either case the question is how you can make it more comfortable; what things you should put into it in order that you and your household may get more out of it.

For when we bade farewell to the porch that was "only a porch" we also put forever out of mind that old, disgraceful notion that anything discarded from other rooms was "good enough" for this.

TO begin with, if yours is only an open summer porch the very first thing to do is to screen off a part or one end of it. Everybody knows, of course, that no

mosquitoes ever frequent a high-class suburb or any well-regulated summer resort, but nevertheless in even the best of them these unwelcome visitors will come "when the wind blows from a certain direction," and we must admit that that certain wind has a way of blowing much more often than it is supposed to, so it is well to be prepared.

Even real estate men in places where the mosquito is practically unknown have a weakness for screening their own porches "just to give a sense of greater privacy" to that end where the hammock is swung or the tea-table is spread. So do thou likewise for privacy's sake if not for the sake of protection.

If you cannot go to the expense of

Screened-In Porch Protected from Public Gaze

good wire netting with carefully fitted doors, then tack up to the posts and woodwork fine, black mosquito netting six feet wide, cover the edges with a narrow moulding painted to match the woodwork and arrange, if possible, to enter the screened room from a door or French window in the house. A row of plants or shrubbery across the front of the porch, outside the netting, will keep strangers from walking into it.

PROTECTION from the public gaze as well as from the sun is, of course, the function of curtains in the all-year-round type of enclosed porch, but for the open porch both may be secured by the use of the Japanese shades in addition to the awnings. (See Mr. John Drew's comfortably furnished porch, page ??).

An outer screen of vines is delightful when possible and where there is a broad railing on which flower boxes may be set it is a simple matter to fill them with tall plants, which will often add much to the comfort as well as to the beauty of the porch as a real room. Even a paved terrace—sometimes preferred to a porch because, for one thing, it takes no light away from the living room of the house—can be given the protection of an awning roof for hot weather and a degree of privacy may be secured by the generous use of thick-foliage plants.

Of course, such schemes may cost a fortune or almost as little as you please. A certain charming Dutch Colonial house, which comes to mind in this connection, has such a brick-paved terrace across the entire front, a trellis roof supported by the round white pillars, with an awning to encourage the vines that are doing their best to make it a superfluity, and gay painted boxes and tubs filled with all sorts of green and flowering plants gathered gratis from Nature's conservatory in the woods. It is one of the most attractively sheltered outdoor living rooms I have ever seen, and cost very little.

ONE of our illustrations shows a clever substitute for a porch in a city house, open to the stars and sun and the attic windows, but in other respects a delightfully secluded spot; a private roof garden built on top of the back extension of a conventional town house and hemmed around with the high wall not only to keep the third-story dwellers of nearby houses from looking in, but also to hide an unromantic outlook of roofs and monotonous chimney-tops.

The second-story "deck-porch" so commonly found in suburban homes offers great possibilities for furnishing as a summer living room and has the particular advantage over the lower porch of being far removed from the front door and the caller who happens in at an inopportune time. Iron supports for the awning roof can be easily secured to the coping, and flower boxes, or terra cotta jars, placed at intervals, with tall plants, will prove very useful as well as ornamental, while one or two four-fold screens will serve to completely shield one from passers-by.

SO now, having duly considered this matter of protection both against the searching eye of the mosquito and the curious eye of humanity, we may properly turn to the matter of porch furniture.

First come the various kinds of basket-ware, willow, reed and woven grass, of which the willow pieces are generally the most attractive and often the best.

The charm of willow furniture has always been its simplicity, the obvious fact that it is a handicraft having been emphasized from the first by its pure basket construction, whereas, until rather recently, the greater part of the reed furniture on the market has been associated with elaborate or "fussy" effects. This simplicity of design, in artistic accord with the crude materials and process used in the making of the pieces, has endeared willow furniture to the heart of the decorator, and so its greater popu-

How to Use the New Painted Porch Furniture

larity has brought about a vast improvement of late in the designs of the furniture woven from reed.

It may be that you prefer the coarser weave, the suppleness and lustrous quality peculiar to willow, or you may prefer the harder, closer weave and brittle strands of reed—which, incidentally is a product evolved by a machine process from the rattan vine of the Orient—but in either case remember that any pretense of decoration in such pieces, or ornate design, is by the very nature of their primitive construction, in bad taste.

The hour-glass shapes which come from Japan, and certain Oriental chairs with wide-flaring backs which, while fantastic, seem to be in a class by themselves, are both very decorative for an out-of-doors room but, other than these, it is best to insist upon perfectly simple shapes.

IN the matter of color, while the natural willow is always attractive, far more artistic and interesting effects can often be had by resorting to stains. To be sure, we never thought of such things as color schemes for our porches a few years back—but why not?

Where the porch is enclosed as a real sun-parlor its color scheme must, of course, be as carefully considered as that of any room in the house, and even where it is only a summer porch the question should not be passed by. The soft grays of concrete or plaster suggest all the lovely gray and gray-green stains for your reed and willow, the luscious wood-browns blend harmoniously with the reds and variegated colors of brick, while cool greens introduce a restful note of color against the white of the Colonial frame house.

More than this, you can make your porch, if you will, a veritable part of your landscape gardening for these are the days when all things seem possible in painted woods. Indeed, the gaily-painted porch and garden furniture with which

the shops now abound; the quaint settees and bold-colored chairs with their queer little nosegays of bright flowers, or effective use of colored lines on legs and arms and rails—these things are as welcome to our eyes after years of monotony in sombre or straw-colored tables and chairs as the bright-hue crocuses and hyacinths and saucily striped tulips which Nature wisely gives us as a relief after winter grays.

MOREOVER, we can stand brighter, stronger colors in furniture designed for out-door use, just as a flower bed massed with warm, vivid colors may be wholly ravishing, whereas the same flowers bunched together on your dining table might not be in good taste.

So be not afraid of the new painted porch furniture. When it is good it is very good—if rightly used; wrongly used, nothing has merit, and when these pieces are merely smart rather than quaint, rude rather than crude in color and design, then they become like everything else where cheap means unworthy; pass them by.

You can always make a beautiful as well as a supremely comfortable porch room with softly stained willow or reed and get your color effects in other ways.

ONE of these is by the use of chintz upholstery. Indeed, so rich are the colorings and so fascinating the patterns in cretonnes and linens especially designed for porch and sun parlor decoration that it is hard to keep a cool head when trying to choose just one from the maddening display.

Incidentally, we can use in these out-door, or semi-outdoor, rooms many odd and bold patterns, which, like the strong colors just referred to, would hardly be suitable for indoor use. Then with our chintz upholstery we will contrive to have plain, solid-color cushions effectively placed wherever an extra pillow may be found useful, taking these plain color-

A Room With More Windows Than Walls

notes from the pattern of the linen or cotton print.

It used to be that any kind of pillows, so long as they possessed the prime virtue of being serviceable, were piled on the porch couch, or hammock, or swing. Be it said to the credit of this day and generation that we are more particular about such details, knowing that it is

brighten it up with all the gay chintz-covered pillows it will stand; or, let the upholstery be of chintz, and after that make your extra cushions of plain orange, or bright, deep blue, or whatever color you wish.

YOU may also repeat this dominant color-note in painted flower pots, a painted tin waste-basket, or fruit or



EFFECTIVE USE OF COLOR AND DESIGN—PORCH SWING UPHOLSTERED IN PLAIN MONK'S CLOTH AND BRIGHTENED WITH GAY PILLOWS

care and eternal vigilance in just such trifles which can put even inexpensive porch furnishings above the commonplace if we will.

So let the swing or the settee be upholstered in a plain Monks' cloth, or other suitable dark-toned goods, and then

flower basket, even, perhaps in a painted, tin lamp base and shade—which, by the way, is five times as pretty as it sounds and comes especially for porch use. Remember that in our porch-room must be found the ordinary comforts and conveniences of an indoor living room, and

Simple, Inexpensive But Restful and Artistic

a table in one corner with a well-shaded lamp, where one who wishes to do so may see to read or write, does not necessarily imply a brightly lighted porch.

Indeed, if but half the time wasted on ordinary, half-furnished porches from June to October, by people frankly bored with conversation of no particular inter-

pure, black ground are especially well adapted for the summer porch since they do so effectively shade the light from everyone except the person who sits directly beside or beneath the lamp, and there the white paper lining throws a strong enough reflection for any kind of work.



EVERY DETAIL IN ARTISTIC ACCORD—CHARMING EFFECT PRODUCED BY THE USE OF WILLOW FURNITURE AND BRIGHT-COLORED CRETONNE

est to anyone, were to be spent in well-furnished outdoor living rooms, the summer would count for a great deal more than it does, and by most of us be far more happily passed.

Speaking of lamp-shades, those painted with brilliant birds and flowers on a

WHEN we come to the glass-enclosed, sun-parlor porch, where curtains are in order, we have a truly wide opportunity for the exercise of our color sense.

Generally the curtains are of one of the so-called "sun-fast" materials—

Clever and Original Ways to Utilize Porch Space

though seldom are these all that the name implies—and are made to hang very full, with a draw-cord attachment, so that they may be pulled clear across the windows to screen the room by night or to soften the light by day.

Again, these curtains are made up as French shades, lowered from the top, and this treatment has an advantage in that the light streaming in through the upper parts of the windows may be filtered through a soft-colored fabric while yet the lower half of each window offers an unobstructed view. But the French shades take many more yards of goods and in every way are a more costly proposition than the sun curtains made to draw across the glass.

Stunning effects can sometimes be had by making the latter of chintz, rather than of a plain or two-toned "sun-fast" stuff, and again ordinary Holland shades are put up at the windows with narrow

curtains of chintz hanging at either side purely for a decorative use. However, this is permissible in a sun-parlor, or furnished porch, no less than in any other room when the curtain that bears only a semblance of utility is justified by the effect produced, and so we sometimes find merely a valence of chintz across the tops of the windows when it is thought that full-length curtains would too quickly fade or be in the way.

This simple, inexpensive plan is often highly decorative but should not be attempted unless the chintz is to be carried down into the upholstery of the furniture as well.

AS to the coloring of these curtains, that, of course, especially where the material is plain, depends largely upon the color of the furniture, for the walls of a sun-parlor porch, unless of brick, will always be kept in a neutral tone.



SECLUDED AND COMFORTABLE PORCH-ROOM ON THE ROOF OF A CITY HOUSE

Outdoor Rooms That Are Homelike

This not only because colored walls would readily fade, but also because the stone and sand and putty colors make the quietest sort of a background, and so enhance rather than detract from the most important feature of the room, which is the view without.

For a like reason the colors which generally prove most satisfactory for sun-parlor curtains are the silvery gray-greens, greens with just a suggestion of brown in the weave, or any of the tan background shades which carry the eye quite naturally to the greens and browns out of doors.

With neutral walls and with hangings, if there be any, of a color close to Nature's own background plan, and with furniture stained or painted to carry out the same idea, you may then turn loose as much of a riot of color as your heart desires in chintz upholsteries, pillows,

flower bowls and all the little incidental things.

Remember that a vivid touch of strong, intense color in the right place—just as Nature gives us one flaming red tree in the midst of a whole group of dull, autumnal browns and golds, or a bright orange butterfly poised on the gray, moss-covered rock—is worth in effect a dozen weaker smatterings of color here and there.

AS to floor coverings for our furnished porch, there is a wide choice ranging from the many lovely patterns in woven grass for the purely summer porch, to the warmer, heavier but still inexpensive rugs more suitable for an enclosed porch room.

These all-wool, Scotch, reversible rugs come in soft, delicious shades of browns and grays especially good for

(Continued on page 86)



A HOMEY PORCH WHERE THE FAMILY WILL LIKE TO GATHER

Food and the Cost of Living

Expert Advice to Housewives

Given in a Talk Before the Buffalo Housewives League.

The cost of food is always an important factor in our selection of it, especially if we are interested in reducing the money cost of living. But certainly if we are to buy wisely we may not judge a food alone by its price. Purchase of high priced food may prove economical.

In this article written by a prominent



FROM remarks frequently heard, one might easily judge that prices of all foods are higher and ever going higher. Because of this cry about the high cost of living we may even become quite alarmed. But I like to emphasize the thought that this complaint of the high cost of living might be translated more correctly, the cost of high living.

And this not necessarily in disparagement of our living. Materially, at least, we are living on a higher plane. Separate commodities, on the whole, do not cost more than they did in the days of our grandfathers, in fact, generally less, but our wants are more numerous and different. Think in what different forms we want commodities and what different circumstances now attend our getting them.

* * *

FOR instance, a loaf of bread. It now comes wrapped, a fact significant of improved sanitary measures all along the line. We have to pay for this increased carefulness, but, though we want to pay for it, we often forget that factor.

We forget, too, that the bread comes from a store where we and everybody else may phone at 5.45 P. M., and have it delivered at 6 P. M.

This kind of transaction greatly increases the cost of running the store and for this we must pay and should be willing to pay. It is not correct, however, to charge this to the increased cost of food.

authority in the field of home problems, attention is drawn to the many-sidedness of this interesting and important phase of woman's work—namely, economy in buying and preparing food.

Every mother and every housewife needs to read this article and to follow it up by further individual study.

It may be the cost of accommodation; it is the cost of carelessness.

We live so from grocery store to kitchen that we have almost forgotten the sources of our food and do not realize the labor involved in bringing it from the soil to our kitchens. So accustomed are we to food in tin can, bottle, or package that one writer has expressed the fear that the day will come when city folks will know fruit only from the picture on the can. This is a serious cost; one over which we do well to ponder.

Our kindergarten friends are doing what they can to fill the deficiency in the experience of the rising generation by emphasizing to embryonic citizens that,

"Back of the loaf is the snowy flour;

Back of the flour is the mill;

Back of the mill is the wheat and the shower

And the sun and the Father's will."

Their teaching is not merely pretty and fanciful. It is ideally practical, if we have people rightly able to estimate the value of food.

* * *

IN her book "The Cost of Food," Ellen Richards points out the many factors which affect the cost of food, namely, the cost of the seed, of ground, or fertilizer, of labor in cultivating the plant or caring for the animal, of the necessary implements with their wear and tear, the interest on the capital, the waste due to unfavorable seasons and plant and animal diseases, cost of marketing, trans-

Our Meals and Our Purses

By CLARA W. BROWNING

Director of Household Arts, Buffalo Technical High School.

porting, distributing, together with waste of mismanagement.

A realization of these factors will make us fairer in our judgment of prices.

But when we purchase food there are quite different factors to be taken into account, if we would buy economically.

We must know the value of food.

* * *



O we see that the wise purchasing of food calls for intelligence and alertness on the part of the buyer. And if she has the added problem of a very limited income she must exercise skill that might rival that of the Exchequer of England.

The woman's task is no mean one. As one man rather skeptically said, after seeing, at the Columbia Exposition, the Workman's Cottage with family living on \$500 a year, "It will take a \$5,000 wife to do it."

Now, though there is much to know about food values, we need not be discouraged by thinking that this helpful knowledge can be won only through a course in domestic science and art. We delegate some among us to study these things and give us the information in available form. A little persistent, interested effort will make this valuable information ours.

As we grow in knowledge of food values we are bound to change our standards of food. We cannot measure how this change in standards will effect prices. But surely it will effect the economy of food and in the largest way, for that factor—our attitude toward food—will be affected. We shall lose some of our superstitions concerning food and we shall live more honestly with regard to it.

The cost of preparation is also a factor not to be overlooked.

Then, there is sure to be waste in preparing and serving the food.

And finally, the availability of the food to the body must be taken into consideration.

Much of the difficulty in getting food now is due to false standards. That is, due to the Smith's attempt to live like the Jones, and whether good, bad or indifferent food is used, neither the Jones nor the Smiths eat it with a healthful back-to-nature kind of relish.

The Jones and the Smiths even carry their caste system to the innocent food and it has come about that we have "plebeian" foods, onions, cabbage, prunes and a long list of them that scarcely dare appear unless decked in party dress.

Notions like these constitute a very important but overlooked factor in the cost and economy of food. It is well for us to question some of the popular notions we entertain.

* * *

IN this connection I want to quote to you some ideas which it seems to me we ought to circulate as widely as possible, from Ellen Richards, in "Cost of Food."

"In America today the situation which confronts us, whether workingman, student, or millionaire, is not how to get food enough, but how to choose from the bewildering variety offered that which will best develop the powers of the human being and make him efficient, and, what is of greater importance, how to avoid that tempting variety, indulgence in which weakens the moral fiber and lessens mental as well as physical efficiency. So long as it is the popular be-

Plain Living Goes With High Thinking

lief that brilliancy of mind or position is chiefly due to luxurious food, served with the disguises of the chef's art, so long will the aspiring politician and novel-writer change from one boarding-house to another in search of variety, and children will continue to demand the luxuries of the table unrebuked.

"In spite of all preaching, few really believe that plain living goes with high thinking. Most either consciously or unconsciously attribute American versatility and success to the richness and variety of food so easily obtained. Neither moralist nor sanitarian has begun to ask whether the increase of crime, of insanity, of certain forms of disease, of moral recklessness is not attributable to the debilitating effects of the food set before us, to the lowering of ideals of living exemplified in the fashionable table."

LIBERTY HYDE BAILEY, in "The Holy Earth," says:

"I think it easily possible, as certainly it is very desirable, to develop a new attitude toward the table fare, avoiding much unnecessary and insignificant household labor and lending an attitude of good morality to the daily sustenance.

"Much of our eating and feasting is a vicious waste of time, and also of human energy that might be put to good uses.

"I am afraid that our food habits very well represent how far we have moved away from the essentials and how much we have misled ourselves as to standards of excellence. I looked in a cookbook to learn how to serve potatoes. I found twenty-three recipes, every one of which was apparently designed to disguise the fact that they were potatoes;

Occasion		Date
Menu	Cost per Serving	Number persons served
		Receipts per person
		Total receipts
		Cost per person
		Gain " "
		Total gain over cost of food
		Incidental expenses
		Actual gain
		Remarks
Cost per person		

CARD TO RECORD THE COST OF ACTUAL MENU SERVED.

Develop Economical System of Buying Food

and yet there is really nothing in a potato to be ashamed of. It is, of course, legitimate to present our foods in many forms that we may secure variety even with scant and common materials; but danger may lie in any untruthfulness with which we use the raw material of life.

"So cookery has come to be a process of concealment. Not only does it conceal the materials, but it also conceals the names of them in a ridiculous nomenclature. Apparently, the higher the art of cookery, the greater is the merit of complete concealment. We have so successfully disguised our viands through so many years that it is not

'good form' to make inquiries; we may not smell the food, although the odor should be one of the best and most rightful satisfactions, as it is in fruits and flowers. We may smell a parsnip or a potato when it grows in the field, but not when it is cooked.

"Moreover, we want everything that is out of season—and by this desire we also lessen the meaning of the seasons when they come in their natural sequence, bringing their treasures of materials that are adapted to the time and to the place.

"The result is that one finds the greatest difficulty in securing a really good, baked potato, a well-cooked steak, or a

Name				Reference
Ingredients	Amount	Market Price	Cost	
				Description of serving
				No. of servings
				Cost per serving
			Total	

CHART TO BE FILLED BY HOUSEWIFE TO SHOW TOTAL COST OF TYPICAL FOODS.

Good Character Dependent on Good Cooking

wholesome dish of apple-sauce that is not strained and flavored beyond recognition. It is nearly impossible for one to secure an egg fried hard and yet very tender, and that has not been 'turned' or scorched on the edges—this is quite the test of the skill of the good cook.

"Now, it is on these simple and essential things that I would start my instruction in cookery; and this not only for the gain to good eating but also for the advantage of vigor and good morals. I am afraid that our cooking does not set a good example before the young three times every day in the year; and how eager are the young and how amenable to suggestion at these three blessed epochs every day in the year.

"Of course, some unsympathetic reader will say that I am drawing a long bow; yet it is only a short way from deception in cookery to the deception in what we call adulteration of food. Undoubtedly our cookery has prepared the public mind for the adulteration.

"The tin-can and the bottle seem to have put an insuperable barrier between us and nature, and it is difficult for us to get back to a good munch of real apples under a tree or by the fireside.

"The difficulty is all the greater in our congested city life where orchards and trees are only a vacant memory or stories told to the young, and where the space in the larder is so small that apples must be purchased by the quart.

"The eating of good apples out of hand seems to be almost a lost art. Only the most indestructible kinds, along with leather-skinned oranges and withered bananas, seem to be purchasable in the market.

"The discriminating apple-eater in the Old World sends to a grower for samples of the kind that he grows; and after the inquirer has tested them in his family, and discussed them, he orders his

winter supply. The American leaves the matter to the cook and she orders plain apples; and she gets them."

* * *
THE text of these writers, as I see it, is the desirability of plain living, especially with reference to food. However, it is evident that by plain living they do not mean monotonous fare. Surely there is place for wide variety, for daintiness, for every legitimate appeal to cultivated, normal, æsthetic sense. But let us be sure our æsthetic sense is normal and cultivated. We get nothing without effort. Even our appetites to be safe must be trained.

We have touched upon the desirability of having, be it ever so general, intelligent knowledge about these factors which control food prices, namely, production, distribution and demand. One of the great functions of the Housewives League, it seems to me, is to see to it, so far as is in their power, that these factors operate normally, that prices are not arbitrarily fixed and controlled.

We have shown that there is no relation between the price of food and food value, and that therefore the latter, food value, with its attendant study of the needs of the body, is a consideration essential to economical buying.

Also our attention has been called, by sturdy, original thinkers, to the needs for fine standards, which, after all, are so basic to our choice and selection of food that they constitute the foundation of right purchasing.

* * *
YET there is another point which in this day of efficiency we must not pass by. And that is, the necessity for the purchasing member of the firm to be businesslike.

This thought frightens some women; but it need not. Some businesses are very complicated and call for complex



THE PLANTING AND OVERSIGHT OF LARGE ORCHARDS ARE AMONG THE OPPORTUNITIES OPENING UP TO THE WOMAN WHO HAS MADE A STUDY OF HORTICULTURE

Horticulture--A New Vocation for Women

By MISS ELIZABETH LEIGHTON LEE

Director, School of Agriculture for Women, Ambler, Pennsylvania.

It has become almost a truism to say that women are in the business world from necessity. They can no longer find enough work in their homes for reasons which have been frequently set forth.

New avenues of occupations are needed which are healthful, will supply a demand, will give the woman who has a mind as well as hands the power to sup-

port herself, and will at the same time contribute to the general welfare.

Among the many new occupations in which women are proving their worth, the last word is horticulture.

Read what the director of one of the first horticultural schools for women in the country says in this article about horticulture as an occupation for women.



NE tenet of the efficiency movement is to make use of the experience of others.

Women in America have done farming before and have raised flowers, fruit and vegetables, but this has been generally because they

have been pushed into it for some reason. Perhaps they have inherited some acres of ground that was their only source of income or means of livelihood, but they have usually been unprepared and have had to learn by costly experience.

"Back to Nature"—A Paying Occupation



CLASSES AT WORK IN THE SCHOOL OF HORTICULTURE FOR WOMEN

The School of Horticulture for Women was founded in 1910 by a number of women in and about Philadelphia who realized the need of a training school in the various branches of horticulture, where women could get not only theory but a large amount of practical work, which is so necessary for efficiency in this particular vocation.

The object of the School of Horticulture is to give women scientific instruction, combined with all necessary conditions for much actual practice, the course being planned to equip women with the theoretical and practical knowledge that will enable them to manage private and commercial gardens, greenhouses or orchards.

THOROUGH training throughout the various seasons of the year eliminates the discouragement of costly inexperience and fits a woman for a vocation that is healthful and remunerative.

In England, Germany, Belgium, Italy, Denmark and Russia, schools of gardening for women have long passed the experimental stage; they are holding a recognized place in the educational world. Graduates from their schools are managing large estates or holding responsible positions as directors of public or private gardens, managers of commercial work, or as consulting horticulturists and lecturers.

The idea is not to train women to go
(Continued on page 78)



A CORNER OF THE GROUNDS WHERE WOMEN RECEIVE INSTRUCTION IN HORTICULTURE,
AT THE SCHOOL IN AMBLER, PENNSYLVANIA

Lecture at National Headquarters on

Fish—In Season and Out

How to Select and Cook It

By CHARLES S. STORM

of the Blackford Fish Markets, New York City



THE housewife who follows the fish market closely and knows how to buy each fish in its own season need never complain of having to eat frozen fish. Each month of the year has its own special variety of fish and it is only necessary to keep track of the different seasons to have fresh fish all the year around.

The purchaser who goes to the fish dealer and demands a certain kind of fish, regardless of season, because someone in the family has expressed a desire for it, need not feel abused when the dealer hands her a cold storage fish. If she wants to have fresh fish she must not be too particular as to the kind, but take what the season offers.

Fish in Season

THE best way to buy fish is to order whatever is on the market that day, and not enter the store with any preconceived notion that you want a certain kind of fish. If you order whatever is on stock you are pretty certain to get a good, fresh fish.

It is not a difficult matter for the housewife to keep in mind the seasons in which the most common varieties of fish come to market.

On the East coast, bluefish and fresh mackerel are in season from April until October and butter-fish, porgie, sea bass and kingfish from May until September, while weakfish lasts one month longer, being in season from May until October.

Spanish mackerel can be bought fresh during September and October. Smelts and scallops are winter fish, appearing on market in October and lasting until

April. Shad is fresh from January to June.

Cod, flounder, halibut and salmon are in season all the year around.

We seldom get any fish, of whatever variety, until it spawns. When ready to spawn, the fish leave the deep-sea water and run up into the brackish waters in great quantities, where they are caught with nets.

Local Prejudice About Fish

ALL fish are good to eat, the varieties which are popularly supposed to be good eating, depending entirely upon the locality. In the South, certain varieties of fish are eaten which would not be touched in the North, and *vice versa*.

One reason why northerners do not eat much southern fish is because the southern fish does not keep so long as the northern and is apt to be spoiled when it reaches northern markets. Packing facilities are not so good in the South as in the North, since there is no natural ice and the artificial ice does not keep so well, and for this reason southern fish cannot be kept in good condition for a long time.

The chart on page 33 refers to the fish taken off the Jersey coast and does not apply to the southern or western fish.

We can obtain any variety of fish all the year around, if we want it, by buying it frozen, and in many cases the frozen fish is almost as good as the fresh.

Whether frozen fish is good or not depends largely upon its condition when packed.

First class dealers who cater to a critical and exacting trade can be depended upon to supply a very good

Facts About Fish for the Housewife

grade of frozen fish, no matter how out of season it is.

Such dealers, for the sake of being sure their fish will keep well, will pay a cent more a pound for their fish than the market demands and buy a whole boat-load of fish which has all been caught at one time. If they bought a supply which had been caught at different times and put it all in the freezer together, some might spoil before the rest and taint the whole lot.

Codfish is one of the most useful and popular fishes on the market. It is good at any time during the year and is looked upon as a stand-by in many communities.

It has a better flavor if not served entirely fresh but allowed to stand on the ice two or three days before being eaten. Being a large fish, it can be put to a variety of uses. Steak codfish usually weighs about twenty-five pounds.

Many people make the mistake of throwing away the head of the codfish. This should not be done, as the head makes delicious chowder. The head can also be made very good by removing the eyes and frying it in butter.

How to Select Fish—Rely on Dealer

IT is almost impossible to judge of the freshness of a fish in the store. Some people judge by the appearance of the eyes, some by the color of the gills, some by feeling of the fish and some by the smell.

As a matter of fact, none of these tests is infallible. Fish which has been kept as long as three weeks sometimes retains the color in the gills and if the fish has been shipped by freight or express it is quite apt to become jammed in the bottom of the box and cannot then be judged by its firmness to the touch.

As a rule, shad can be judged by the brightness of its gills and cod by its eyes.

Nor is smell a sure guide to the fresh-

ness of fish. Some varieties have a bad smell when fresh and some do not smell badly even when they are old.

The best way for the housewife to do is to go to a reliable dealer and impress upon him the fact that she wants the freshest fish he has. Give him a trial—if it is put up to him he is quite apt to send around a fresh fish.

The main thing not to do is to insist on having a certain kind. If you do this your dealer will no doubt furnish it to you, regardless of whether it is fresh or old.

Some housewives object because the slime is not washed off the fish when it comes to them. The slime that surrounds fish is one of the housewife's best protections against bad fish. If the slime is washed off the odor is removed with it, and even if the fish is in bad condition it will not have a noticeable smell.

When fish is exposed to the air—as in the market stalls—the slime should never be washed off, as it is a very good preservative.

Should you buy a frozen fish the best way to thaw it is to put it in cold water, never let it thaw in the atmosphere.

A Scarcity of Salmon

THE salmon crop on the Pacific coast has been a failure this year. There has not been nearly the usual supply. It is perhaps a good thing, for Germany has always been a great consumer of our salmon and, as Germany would not have bought her usual amount this year, we should probably have been left with a supply on our hands.

Very few people understand how to cook fish. It is too often fried to death and is served dry and tasteless.

Fish should be cooked over a very hot fire and every means should be used to keep it moist and juicy and well flavored.

Fish in Season—Table of Reference for Housewives

January Smelts Shad Scallops	February Smelts Shad Scallops	March Smelts Shad Scallops	April Blue Fish Fresh Mackerel Smelts Shad Scallops
May Blue Fish Butter Fish Porgie Sea Bass Shad Weak Fish Fresh Mackerel King Fish	June Blue Fish Butter Fish Porgie Sea Bass Shad Weak Fish Fresh Mackerel King Fish	July Blue Fish Butter Fish Porgie Sea Bass Weak Fish Fresh Mackerel King Fish	August Blue Fish Butter Fish Porgie Sea Bass Weak Fish Fresh Mackerel King Fish
September Blue Fish Butter Fish Porgie Spanish Mackerel Smelts Sea Bass Weak Fish Fresh Mackerel King Fish	October Blue Fish Smelts Weak Fish Spanish Mackerel Scallops Fresh Mackerel	November Smelts Scallops	December Scallops Smelts

Fish in season all the year around.

Cod
Flounder

Halibut
Salmon

The above table will enable the housewife to tell at a glance what is the best fish to buy in any particular month, if she wants to make certain of procuring fresh fish.

The fish in season at any particular time is always the safest kind to buy for it is sure to be good and can be relied upon, almost invariably, to be fresh, not frozen.



OWNERS OF PETS—TAKE NOTICE!

Thousands of Our Most Beautiful and Useful Songsters are Killed Each Year
by the Stray, Untrained Cat.

To the Rescue of Our Feathered Friends

By COLUMBA GIL FILLAN

How to protect our birds from the avicidal prowlings of Old Whiskers—this is a question which interests every bird-lover and has a direct bearing on the problems of every farmer, every land holder and every housewife in the country.

A "domestic subject," surely the cat is that, but not just in the way we fondly imagine. When the cat eats the bird, the worm and the insect eat the crops—and humans eat what is left!



ATS destroy, according to John Burroughs, probably more birds than all other animals combined. There are perhaps twenty-five million cats in this country, and each mature cat on good hunting grounds kills about fifty birds a year, according to the estimate of Edward H. Forbush, an authority on the subject.

And there are only a few million birds in the country—a pair to the acre in the Eastern states. Yet birds are the chief force limiting the number of insects, which cause a *billion dollars a year* loss to our forests and harvests—which means to our housekeeping.

"Those vylanous false cattes
Were made for myse and rattes
And not for byrdes smalle."

This is the human view. But we know that Pretty Puss assumes the rôle of the Feline Fiend with the greatest naturalness. He is only half civilized, and his Mr. Hyde half is ruthless, deadly, and carnivorous, though as Dr. Jekyll he purrs ever so blandly and sleepily.

This furred Nimrod loves birds in especial, and his most effective means of securing them is to catch the fledglings as they first drop to the ground, and to climb trees at night to the birds' nests, destroying the mother bird and all the young or eggs. He also stalks birds on the ground, or lies in wait for them, or

catches them on the wing as they fly low. Night is his favorite season, when the birds are on the nest, or early morning, when they are having their breakfast, and the cat desires his.

The birds which cats kill are precisely the most valuable ones—not hawks nor crows nor English sparrows so much, but meadowlarks, chickadees, robins, thrushes, blue-birds, cuckoos, flickers, warblers, song and chipping sparrows and orioles, which are both the most valuable insectivores and our pleasantest feathered friends. Great numbers of ground game birds—grouse, bobwhites, pheasants and woodcocks, as well as chickens, often—are killed yearly by cats, and several varieties of sea birds have been almost exterminated by them.

Lastly, this so-called *felis domesticus* kills many small ground animals, "For rats and mice and such small deer, have been Tom's food for many a year."

Some of these are more or less harmful; others, like the shrew, toad and small reptiles, are extremely useful against the insects.

The birds alone are worth millions, with insects costing, as we have said, a billion a year. Each red-headed woodpecker is said to be worth twenty-five dollars—if not killed by pretty puss.

Many birds, particularly the young, consume more than their own weight of worm and insect food daily. Someone has calculated that the birds of New York state destroy more than three million bushels of noxious insects each season.

A meadow-lark will earn five dollars each year by eating boll-weevils in a ten-acre cotton field. The crop alone of one bobwhite contained forty-eight potato-bugs (quail make spraying unnecessary) and two hundred and fifty weed seeds; and it is not unusual for a family of birds to eat from three hundred to one thou-

Training Puss to Be Harmless

sand insects a day—beetles, scale insects, cutworms, caterpillars, moths and all the countless little-big plagues of the farmer.

Birds consume some fruit and grain, true, but the farmer who would shoot for that offense should certainly begin on his own horses and cattle, who consume great quantities of crops, which he has to harvest, too.

The little bird, killing on the average fifty thousand insects in a normal lifetime, to give a conservative number, is indeed our feathered friend, and the cat who kills but ten birds in a year (in many cases one has killed more in a day) is our most harmful remaining wild animal.

The lonely, feral cat, who lives by his wits in woods or garden, whose every mouthful is apt to mean our loss, is a regular feature of our woods, abandoned by thoughtless owners, or born and bred there, or an emigrant from city alleys.

The next worst cats are the very great number around country houses who are expected to fend for themselves, and who are allowed outdoors all day and night.

The well-fed cat is much less dangerous, while the one that is kept within doors, watched and tethered, is more or less harmless.

The city cat is also less harmful than its country kindred, both because it is



DO CATS LIKE BIRDS?

This cat would not sit still to pose for his picture until some wooden birds were placed in the tree over him. He is waiting for the birds to move.

shut up more, and because there are fewer valuable birds about.

All in all, "the harmless, necessary cat" is neither harmless nor necessary. But he's a pleasant pussy when he's Dr. Jekyll. Let us keep the cats who are useful, in the place where they *are* useful, and bend out wits to discovering the remedies for controlling their avicidal proclivities.

First of all, the wild hunters of the woods should be killed without compunction, as were their lynx predecessors.

Licensing, on the principle of the dog tax, should be tried.

The number of cats should be reduced through drowning all unnecessary kittens and maintaining no unnecessary cats in the country.

No cat should be cast adrift.

No cat should go hungry, but be fed fully, with meat, regularly and early.

(Continued on page 94)



UNTRAINED—PRETTY PUSS IS A MENACE
This cat killed ten birds in one day.

The Invalid's Tray.....What to Serve and How to Serve It

Lecture at National Headquarters

By MISS EMMA BOSSONG

Domestic Scientist to National Housewives League



HOEVER has had experience in caring for an invalid knows what huge proportions the seemingly unimportant details assume in the eyes of the sick. Trifles which, to a person in health, are of no consequence, loom large and important to the one who has nothing to do all day long but lie in bed and think about them.

There are a thousand and one things that can be done to make the long hours shorter for an invalid, and among these none is productive of greater comfort to the patient than care in serving his meals.

No matter how nourishing or digestible or scientifically prepared the invalid's meals may be, if it is not attractive when it reaches the bedside, it fails in its chief function.

The first thing that happens, usually, when a person takes sick is a loss of appetite, and it is, therefore, of the utmost importance to do everything to tempt the appetite by appealing to the eye and the palate.

Make the tray dainty. Have it apparent that it was prepared especially for the invalid, with his tastes and preferences in view.

If, as is a well-recognized fact, the appearance of food influences the appetite of a well person, the effect is increased a hundred fold in the sick. Food served carelessly, in quantities, will nauseate, while, if served daintily, often creates a desire to eat.

Daintiness the Key-note

MAKE the invalid's tray attractive by using dainty dishes. Vary the dishes to create a little more interest.

Serve in small quantities. Never make the mistake, for instance, of serving soup

in a regulation soup bowl or cereal in a large cereal dish. Soup should be served in a small, pretty cup, or a bouillon cup.

Cereals may be served in a dainty sauce dish, but never in a large bowl.

It is always better to err on the side of serving too little than too much.

If there is any food left, the patient is apt not to want that same food again, while if there is not quite enough the chances are that he will want it the next time. It is wise always to leave a desire on the patient's part for more, rather than a feeling of satiation.

Establish Regular Routine

IT is important to have a regular time for serving the patient's meals. This makes a great difference, because the patient often has nothing else to think about besides food.

Never let a patient wait till after his regular meal time for his meal. With a little extra care and forethought this can be avoided, even when there is a large, healthy family clamoring for its meals.

Prepare the invalid's tray first and serve it. If there is any waiting to be done, let it be on the part of the well members of the family.

Avoid This Blunder

MANY a well-meaning but blundering nurse spoils the patient's enjoyment of a meal by asking him beforehand what he wants to eat.

Nothing makes a sick person want food less than to have to think about it. Decide what the patient should have and prepare it in the daintiest, most appetizing manner possible and bring it to him without a word at the regular time—and the chances are that he will eat and relish it.

But if he is asked to decide for himself what he is to eat, one of two things

Tact and Common Sense in the Care of the Sick

is likely to happen—either he may feel abused and not properly cared for and will want nothing at all, or he will order what he cannot have and be disappointed when he does not receive it.

Arrange the patient comfortably before serving his meals, air the room and have all traces of medicine out of sight so that he will not have to look at unpleasant things while eating.

Flowers—Their Use and Abuse

THE matter of flowers is often puzzling to one who has the patient's welfare at heart. Sympathizing friends are apt to lavish flowers on the invalid and will, of course, expect to see their flowers in the room when they call.

This leads many people to keep a sick room piled with flowers till the air becomes oppressive and the patient is sick of the sight and smell of them.

Keep only a few flowers in the room, arranged artistically—perhaps one stem in a slender vase near the bedside and a bouquet arranged on the other side of the room where the patient can see it.

All other flowers which are sent to the patient, regardless of sensitive feelings of friends, must be kept out of the way and brought in, in their turn.

What to Serve an Invalid

IN regard to the food to be served, this will depend on what the doctor has ordered.

In general, however, do not serve meat at night. Among the meats which are usually ordered for an invalid, breast of chicken is considered most desirable. It is palatable and, in most cases, easily digested.

Never serve goose or duck to one in delicate health, for these are almost as difficult to digest as pork.

Meat for the sick must be prepared very carefully. Baked potatoes are suitable to serve with meats, but usually no vegetable is served.

Fried foods of all sorts should be kept strictly out of the invalid's diet, for they

are hard to digest. Butter, oil and cream are the only kinds of fat which should be offered to a delicate digestion.

When the Doctor Orders Toast

TOAST is one of the steady articles of diet prescribed by most doctors for the sick. It should be served dry, but not hard.

When the doctor orders dry toast he does not mean that it shall be hard to chew, neither does he mean that it shall be made from fresh bread. He intends that it shall be made of dry bread and toasted quickly enough so that it is crisp but not hard.

If the toast is hard it is best to soften it in some way before serving, either with a little hot milk or, if the doctor allows, a soft boiled egg.

Nourishing and Stimulating Soups

IF soup is served it must be piping hot and delicately flavored, and served in small quantities.

It is not always wise to serve thickened soups to invalids and these should not be given except on advice from the doctor.

If a nourishing soup is desired, chicken broth with rice can be served, rather than a thickened soup. Use beef tea only as a stimulant. It is not a food.

Clam broth is valuable, as it is soothing to the stomach. If the patient is very ill, dilute the juice with hot water. If pure clam juice is taken, serve it by tablespoonsful, not in quantities.

Light Foods at Night

HEAVY foods like cereals are best served before night. The lighter the supper, the better are the patient's chances for a restful sleep. People toss at night more because of the presence of food in the stomach than for any other reason.

Serve cereals in small, vegetable dishes or a dainty bowl. If the patient is on a limited diet in which cereals must appear often, variety and attractiveness can be added by molding the cereal in a cup and serving cold with cream or milk.

Nourishing Dishes for Convalescents

MILK foods are necessary in the invalid's diet because milk supplies so many needs of the body. Raw milk is more digestible and hence more valuable than cooked.

Of all foods made of milk, junket is probably most useful. It is pre-digested by means of an acid called rennin which is taken from the lining of the calf's stomach and put up in a preparation called rennet tablets.

It can be made with a variety of flavors, so that an invalid will not tire of it quickly and constitutes the most easily digested food which can be served.

Eggs and Milk in Disguise

WHILE a patient is convalescing it is usually necessary to serve him a prescribed amount of milk and eggs each day. Of both of these foods the patient soon tires unless pains are taken to serve them in such a way that he is not conscious that he is taking them in quantities.

Ingenuity and willingness to "fuss" will produce any number of egg and milk combinations in which the presence of eggs and milk is almost entirely concealed.

Coffee—Tea—Cocoa

TEA and coffee are seldom allowed in the diet of a sick person, but should they be served, it is essential that they be made properly.

An invalid is sometimes allowed to drink coffee for breakfast and if this is the case, see to it that the coffee is well made.

Never boil coffee. One of the most delicate and healthful ways to make coffee is to strain it through cheesecloth. Have the coffee pulverized, place it in a square of cheesecloth and pour boiling water through it.

Coffee made in this way has all the delicate aroma of the first drippings and none of the harmful ingredients that come from boiling the coffee or allowing it to stand on the grounds.

To make tea, use freshly boiled water and let the tea steep for only a few minutes. Three minutes' steeping makes the most delicate flavor. Never let it stand for more than six minutes before serving.

Some people hold to the idea that freshly boiled water means water that is boiling at the time it is poured, regardless of whether or not it has stood in the tea kettle all day. The water for tea should be freshly drawn, brought quickly to a boil and poured immediately over the tea.

Cocoa is nourishing and very useful for a convalescing patient, if made properly.

It is sometimes considered hard for a delicate stomach to digest, but this is usually because it is not carefully made. Boiling the milk in cocoa renders the albumen tough and indigestible and detracts from the value of the cocoa.

To make cocoa, mix a little water with the cocoa, add sugar and cook till a smooth paste is formed. Then add the milk and bring to a boil. Remove from the fire immediately and serve.

Raw Meat Made Appetizing

RAW meat, being both digestible and nourishing, is often prescribed for a patient, and those who are administering to the wants of the invalid find themselves hard put to it to serve raw meat in such a way that the patient is not nauseated.

Following are some suggestions for serving raw meat which will help the patient to forget that it is uncooked. Beef can be served in the form of scraped beef, beef juice or beef tea.

Scraped beef is one of the first forms of meat convalescents are allowed to have. This does not mean chopped beef. It is obtained by scraping the meat with the dull edge of a knife and is the tenderest and finest part of the meat.

Half a pound of beef will yield enough scraped beef to make two meals.

(Continued on page 77)

How to Plan Your Meals for the Day

SUGGESTED DIETARIES FOR HOUSEWIVES

Second in Series on Nutrition.



ALTHOUGH fuel is important it is not everything; we must aim for proper "balance" in the dietary. At present we realize that the term means choosing protein, fat, carbohydrate, and mineral-bearing foods, and before working out exact amounts to meet a definite energy requirement, I shall give you an example of a seasonable selection of food, suitable for a normal, grown person of moderate activity.

It must be understood, however, that dozens of other combinations can be made in which reasonable amounts of

IN the first of this series of lessons on Food and Nutrition, which appeared in last month's issue of THE HOUSEWIVES LEAGUE MAGAZINE, the following points were made clear:

BODILY ENERGY.

Each one of us uses up energy, measured by heat output (calories) every minute of the twenty-four hours—more, of course, while we are awake and active, but from sixty to seventy calories an hour even while asleep.

FUEL FOODS.

To balance this output there must be an intake of fuel foods so that the body may not be called upon to burn its own substance.

protein, fat, carbohydrate, and minerals are present—that special conditions of activity would determine size of servings, and that cost has not been considered.

SEASONABLE MENUS SUITABLE FOR HEALTHY PERSON

BREAKFAST

Orange or Baked Apple or Prunes
Cereal, Ready-to-Eat, with Cream—or Cooked
Cereal with Fruit, such as Dates
Eggs in some form (any, in fact, except fried)
Muffins or Toast with Butter
Coffee

LUNCHEON

Cream Soup (Cream of Corn or Asparagus,
for example)
Cheese Soufflé
Lettuce and Tomato Salad with Mayonnaise
Graham Bread and Butter
Cocoa

DINNER

Consommé—Saltines—Celery
Roast Beef
Baked Potato—Spinach
Romaine with French Dressing
Fruit and Nut Jelly
Cookies or Plain Cake

WHY are the menus here given a reasonable combination? Follow these criticisms and apply them to your own day's rations.

The protetin, fat and carbohydrate are distributed through the day, and there is no meal in which an excess amount of any one appears.

In the breakfast, the egg will furnish most of the protein, but there is some also in the cereal and muffins. The egg (yolk this time) is also the source of fat, and the cream and butter both furnish it. The cereal is particularly high in carbohydrate, as are the muffins.

Model Menus in Place of Medicine.

By MISS HELENE M. POPE

Instructor in Nutrition, Teachers College, Columbia University.

THE DAY'S RATIONS.

Protein, fat, and carbohydrate are all fuel foods, and the first is also a builder and repairer of tissue. All three types of food should be included in the day's rations, as well as mineral-bearing foods, and a generous supply of water. (Consult list for examples of these foods.)

BODY WEIGHT.

Weight furnishes a rough test of whether we are supplying the human engine with enough fuel; if we are under the average weight, we should increase the food intake; if we are much above the average weight, we should eat a little less of all the foods, especially fat and carbohydrate.

If we analyze the luncheon in the same fashion, we find that the cheese is the food high in protein, and that the soup and bread will also furnish a little.

The soup supplies fat, as does the cocoa, but the oil dressing and butter are the chief sources. The soup, bread and vegetables all furnish carbohydrate. We shall learn the value of the consommé later; it has a specific use, but is low in fuel value.

In the dinner, there is adequate protein from the beef and vegetables, fat from the usual sources, and carbohydrate from the vegetables and dessert.

As for the minerals, a glance assures us that the supply is liberal; iron from the orange, egg yolk, spinach, and celery, as well as from the beef; phosphorus from the egg, corn, spinach, beef; and lime from practically the same fruits and vegetables, as well as from the cheese.

Thus we see that the day's dietary suggested supplies all the necessary elements.

AS for relative amounts, the following general points are enough to keep in mind:

If the amounts of protein food eaten each day average much more than have been indicated in the example dietary, results are not beneficial, and there may be harmful effects. Meat once a day is enough.

The ability of different people to digest fat differs greatly; and the form in which carbohydrate is taken determines somewhat the amount which can be digested, starch being more capable of good digestion than sugar.

In the diet of a healthy person, however, carbohydrate appears in larger amounts anyway, and there is no necessity to estimate carbohydrate and fat separately.

Questions of bulk and ease of digestion will determine proportions.

PERHAPS at this point it might be well to illustrate certain undesirable combinations: meat and a cheese salad give too much protein for one meal; fried potatoes, a salad with oil dressing, and pie give the stomach too much fat to take care of; potatoes, rice and dumplings concentrate the carbohydrate. Do not serve a luncheon, for example, in which a rich cream soup is followed by a scalloped dish (or by croquettes in which the white sauce is again a factor), peas, bread and butter, and a dessert of ice cream and cake. Such combinations are altogether too starchy.

In commenting on relative amounts of the different food-stuffs, I spoke of ease of digestion, and that question must often play a large part in our food selection. Even a so-called "balanced meal" may present difficulties for certain digestive tracts so that we must stop to consider not only the kind and amount of fuel we put into the furnace, but also the way in which we put it in.

The general purpose of digestive processes is, as we know, to bring all the food to a fluid condition ready for absorption into the blood, and incidentally to reduce protein, fat, and car-

Model Day's Menu to Stimulate Weak Digestion

bohydrate to their simplest terms. By our care or thoughtlessness we can aid or hinder the processes to a marked degree.

IF mouths only rebelled as often as stomachs at our treatment of them, we should be more careful concerning the first step in digestion. The work done in the mouth is certainly a factor: the coarse food should be ground up, and opportunity given for it to be mixed with saliva.

To show children for what their teeth really are, and to give the chewing muscles a chance to develop, we begin shortly after the introduction of solid food into the diet to give zweibach and toast which must be chewed to be swallowed easily.

There is an agent in the saliva, one of the many (in the digestive tract) whose official title is "enzyme," which, although it does not affect protein or fat, does some work in digesting the starchy food. If the food is thoroughly softened and mixed with saliva in the mouth, the possibilities of continued starch digestion in the end of the stomach which the food enters first, are much better.

Right here is a reason for thorough cooking of starchy foods. Unless their outer coats are broken, they are not ready for enzyme action.

Another point: chew hot breads of all kinds carefully. Otherwise lumps slip down into the stomach, unmixed with saliva, and often cause us great discomfort.

To the part played by the stomach in

digestion we are much more likely to give attention, for it has an uncomfortable habit of warning any who abuse it, perhaps not at first, but ultimately in a fashion not long to be disregarded.

Secreted from certain cells in its lining is the gastric juice, containing an enzyme which acts on protein food. A

normal flow of gastric juice which is absolutely necessary for the passage of the food from the stomach to the small intestine can be helped in a number of ways.

In the first place, it responds to regularity in meals; from the very beginning of the child's life, he should have the benefits of good eating habits. Chewing also starts the flow of gastric juice, as does drinking water before meals. The same effect is produced by clear soup, such as bouillon or consommé, which contains the substance giving flavor to meats.

Pleasant sensations of taste and smell also have a favorable effect on the

flow of gastric juice. On the other hand, it has been shown with both animals and human beings that weariness, pain, anger, and excitement may stop stomach digestion for quite a period, leaving the food stagnated in the reservoir, where fermentation through bacterial action may cause great distress. When any such conditions have upset digestion, only foods very easily digested can be taken.

Fluid dishes such as gruels, eggnog, and soups are best. All concentrated foods should be avoided, such as candy,

BREAKFAST

Orange Juice
Cereal with Top Milk
Toast and Butter
Coffee

LUNCHEON

Vegetable Soup
Rice Croquettes
Graham Bread and Butter
Baked Apple and Cream

DINNER

Clear Soup—Crackers
Scalloped Oysters
Lettuce, Tomato
Celery Salad,
French Dressing
Saltines
Cottage Pudding

Model Day's Menu to Cure Digestive Ills

nuts, cheese, butter, etc., nor should strongly acid fruit be given.

In some cases there is a continued condition in which the gastric juice does not flow abundantly enough to do the work it should. As a result, the food tends to remain longer in the stomach and fermentation often follows. We recognize symptoms of this condition as a distressed feeling of "fulness," in the presence of gas, a bad tasting mouth, and coated tongue.

To correct such a condition we must do several things: first, be sure that we eat regularly, and that before eating we stimulate the flow of gastric juice by drinking hot water with a little salt, or lemon juice, in it.

Since we are trying to give the stomach as little as possible to do, we should reduce the protein in the diet as that uses the gastric juice, not include much fat, and emphasize the carbohydrate in the diet.

It has been found by experiment that carbohydrate foods (given alone) begin to leave the stomach quickly. That explains why, when our breakfast has included fruit, rolls, and coffee—very little protein or fat—we begin to feel "faint" in the middle of the morning, even though we had furnished a fair amount of fuel.

Protein food does not begin to leave the stomach during the first half hour, and in general remains in the stomach about twice as long as carbohydrate. When carbohydrate is eaten first, followed by protein, the latter does not interfere with the passage of carbohy-

drate from the stomach, but if the reverse order of eating is followed, carbohydrate is hindered.

Both protein and carbohydrate when mixed with fat pass out of the stomach more slowly than when eaten alone.

The time required for a complete passage of food from the stomach varies greatly. Small test meals may

disappear in from one to four hours; but some which have been less abundant than an ordinary hearty dinner have disappeared entirely only after seven hours.

A day's dietary is shown on page 42 which is suitable for a condition in which the flow of gastric juice is not up to normal.

On the other hand, there may be a condition in which too much gastric juice flows, and that causes irritation of the stomach lining. We sometimes speak of it as a "sour stomach," and need to eat carefully to cure it. All irritating foods must be avoided, and also the tendency to salt food too much. Protetin should be included in somewhat

larger amounts in the diet so that it may use up excess gastric juice.

WHETHER our stomachs never give warning of troubles to some, nor painful reminders of present difficulties, we must realize that if we are to have good stomach digestion, there must be good condition of the body in general. That means fresh air and exercise, regularity in eating, giving the stomach a rest between meals, careful chewing, and not eating when tired.

Under normal conditions when the food leaves the stomach, the enzymes

BREAKFAST
Cereal Cooked in Milk Hash with Egg Muffins and Butter Milk
LUNCHEON
Baked Beans with Brown Bread Indian Pudding Milk
DINNER
Cream of Pea Soup Broiled Steak Potatoes Scalloped Lettuce with French Dressing Lemon Jelly Nut Cookies

Model Day's Menus Supplying "Ballast"

of the pancreatic juice are ready to do further work on the protein and on the fat, while those of the intestinal juice reduce the carbohydrate to simple sugars, and also act on the proteins.

When the protein, fat, and carbohydrate have been reduced, they are ready for absorption through the intestinal walls into the blood stream.

If anything interferes with the characteristic movements of the small intestine, so that the food is not mixed with the digestive juices, nor passed along at a normal rate, there is again a possibility for bacterial action. The carbohydrate may ferment, giving rise to gases and acids; protein is liable to putrefaction, and the harmful products cause auto-intoxication.

Various facts of the present day tend to interfere with the normal movements of the large intestine. We need more exercise, and less concentrated foods. Just as animals need "ballast"—and get it from sand, bones, woody parts of plants, et cetera—so we need

outer coats of grains, cellulose from vegetables and other undigested food residues. Constipation is too common a condition, and one that gives rise to many troubles.

Here are a few general rules for a choice of foods to help correct it:

Eat foods rich in cellulose. They are celery, asparagus, lettuce, spinach, onions, dried beans, string beans, cabbage, cereal brans, figs, prunes, agar-agar.

Agar-agar is often of special value. It may be washed thoroughly, dissolved, and taken as a beverage with some flavoring, as lemon or lime juice. It may also be used in puddings.

Eat foods yielding vegetable acids—rhubarb, oranges, lemons, apples. Such acids act as mild stimulants. Here again hot water and lemon juice before meals is valuable.

A further possibility for helping constipation lies in the judicious use of mineral oils which make waste product in the intestine softer.

THESE MENUS ADD NEEDED BULK TO DIET

BREAKFAST:

Baked apple.
Oatmeal with cream.
Bran gems—honey.

LUNCHEON:

Asparagus salad with French dressing.
Lima beans.
Whole wheat bread and butter.
Buttermilk.

DINNER:

Chicken soup—croutons.
Broiled steak.
Sweet potatoes—onions.
Romaine with French dressing.
Fig pudding—or prune soufflé.

BREAKFAST:

Prunes.
Corn flakes with bran
($\frac{1}{2}$ tablespoon) and cream.
Poached egg.
Graham toast—butter.
Cereal coffee.

LUNCHEON:

Green pea puree.
Heart of lettuce with French dressing.
Bran Muffins—butter.
Sliced fruit with agar-agar jelly.

DINNER:

Baked blue fish.
Potato—spinach.
Waldorf salad.
Pineapple ice—cookies.



KINDERGARTEN FOR BLIND CHILDREN

Blind Children Are as Sensitive to Beauty in Their Surroundings as Are Their More Fortunate Brothers and Sisters

Your Part in Saving the Nation's Eyes

By EDWARD VAN CLEVE

Managing Director, National Committee on Prevention of Blindness



NE-HALF of the blindness of the world is preventable. This is a startling statement to those who have long regarded blindness as an inevitable curse, to which a definite number of persons must regularly be sacrificed. To them, the very phrase "prevention of blindness" seems mystifying, and it is only when they know that blindness, in a vast number of cases, results from simple, easily understood and easily preventable causes, that they are quick to assume their responsibility in preventing this most unjust, as well as most pathetic of all calamities—needless blindness.

There are fifty thousand persons in the United States who are needlessly blind. This does not include the several million people who are not blind nor likely to be blind but who fail to realize anything like their full efficiency by rea-

son of defects of eyesight or wrong conditions under which they work.

Should Never Have Been Born

HEREDITARY blindness, although it has not been included among preventable causes, is nevertheless preventable in the sense that those afflicted with it should not have been born.

This may seem an extreme statement to make—the truth of it may be more evident from the history of one little girl who was born blind. She is of the fourth generation, so far as her history is traceable, of a family in which sixteen persons are blind from an hereditary disease of the eyes. All of these sixteen persons are state charges.

Inherited blindness sometimes skips a generation, or it may skip two members of a family in which all the others may be blind. It is often associated in the same person or in different members of

Parents Can Prevent Blindness in Babies

A PUBLIC HEALTH DUTY

A very simple remedy—a few drops of silver nitrate put into baby's eyes by nurse or doctor—



PREVENTING BABIES' SORE EYES

May be the means of saving a human being from living his life in darkness and despair.

the same family with idiocy, deaf muteness and other defectiveness.

Studies of cases like this little girl's have shown that where in the past of a family a large number have been afflicted with ocular diseases, practically the same percentage will continue to obtain. And it is recommended by all of those interested in stopping blindness, that persons with certain forms of hereditary eye-disease, such as albinism, atrophy of the optic nerve, glaucoma and cataract, shall not be allowed to marry, nor should persons coming from a family in which, although their parents may be sighted, a noticeably large number of grandparents, great grandparents and other relatives had defective vision.

"Babies' Sore Eyes"

BY all means the most prolific single cause of needless blindness is "babies' sore eyes" or ophthalmia neonatorum, a disease occurring within a few days after birth, which, unless the proper remedy—a very simple one—be applied, often destroys the sight permanently in a very short time, and runs its dreadful course so swiftly that many ignorant mothers are unaware of what has really taken place and believe firmly that their children were born blind.

Many pupils in the schools for the blind throughout the country are wrongly catalogued as blind from hereditary disease, instead of "babies' sore eyes" as they should be.

"Babies' sore eyes" is characterized by redness and swelling of the eyes, and a very contagious discharge, dangerous even to adults' eyes, if any of it comes in contact with their eye-balls.

It is estimated that about one in every one hundred and twenty-five babies suffers from this disease, but when properly and carefully treated the eyes are saved. The comparative frequency with which children suffering from this disease are neglected, however, is evidenced by the number of pupils in the institutions and schools for the blind throughout the country, who are blind from this cause.

In the New York State School for the Blind, one-third of the pupils are there as a result of failure to care promptly for their eyes soon after birth.

Needless Burden Upon the State

THERE is another side to the question of needless blindness besides that of the misery and suffering and sorrow inflicted upon the individuals. The cost to the State of educating and maintaining victims of babies' sore eyes alone is enormous, in excess of what is ordinarily paid for the education of a sighted child.

The average yearly amount paid for the education of those blind from this disease in the two schools in New York State is \$33,164.45. For the same num-

Two Cents to Save Ten Thousand Dollars

ber of sighted children the cost of education would have been about \$2,250, so that looking at the problem from a purely economic standpoint, more than \$30,000 is being expended annually in one state alone as a result of a very simple duty. In Ohio the same figures obtain.

In Pennsylvania, it is the same story over again. Every year about one-third of the pupils admitted, numbering ten and twelve, and once as many as twenty-two, need not have been blind. Figures for 1912 show that the same proportion still holds.

"Two minutes of time may save seventy years of darkness; two cents for protection may save ten thousand dollars for support."

Preventive Measures

TO stamp out ophthalmia neonatorum and prevent any more children from becoming needlessly blind is a duty which devolves upon every one, particularly public health authorities, who should provide free facilities for the reception and care of cases of ophthalmia neonatorum in hospitals, and rigidly require the early reporting of births (within thirty-six hours if possible), so that there yet may be time to send a nurse or inspector to make an examination, and if necessary, advise the mother to take the baby to the hospital.

In several states the work of preventing this disease has been a public health question, a preventive medicine, (silver nitrate) being distributed free to all doctors and midwives. In all well-regulated hospitals the use of some prophylactic solution in the baby's eyes is made a routine measure, with the result that ophthalmia neonatorum practically never occurs in such hospitals.

Our public health authorities, work as hard as they may, cannot save all eyes from this cause of needless blindness without the coöperation of parents and relatives.

Some mothers as well as doctors and midwives say, "It's only a cold in the baby's eyes. They will get well of themselves"—and delay too long before calling a doctor or taking the baby to the hospital.

The Blot on Our Escutcheon

THERE is still a third class of persons who can do more than all others to prevent blindness in new-born babies. They are the men who are living, or who have lived, immoral lives, and have contracted a disease which they transmit through the mothers to their children.

All these cases of ophthalmia neonatorum, it is true, are not gonorrhoeal in origin, but a deplorable amount of this disease, as well as other deformity and

PREVENTABLE ACCIDENTS

This is how a street car looks to persons afflicted with double vision—victim does not know which car to dodge.



DEFECTS IN VISION

Many common accidents can be avoided through the use of glasses to correct defects in the vision.

The Tragedy of Ignorance and Negligence



TOO PROUD TO BEG

Blind through an industrial accident, this otherwise useful citizen is reduced to selling shoe-strings for a living

defectiveness in children and invalidism and death of mothers, which it is impossible to cure or prevent, can be laid at the doors of the fathers.

The problem of the midwife as a factor in American life is one which is being considered with increasing seriousness by those who are interested in the prevention of blindness and in other phases of infant welfare. So far as it is possible to estimate from reports secured from the secretaries of state departments of health throughout the country, midwives attend about forty per cent. of all births in America.

The importance of the midwife problem in this country, however, is not measured by the extent to which she practices, for in Denmark, for example, although midwives attend between ninety and ninety-five per cent. of all births, in that country there is neither the same high death rate among infants, nor the relative amount of unnecessary blindness which exists in this country.

The blot on our escutcheon is the fact that we give the safe-keeping of nearly one-half of our mothers and babies into the hands of women who are ignorant, careless and dirty because they are neither trained nor supervised.

Superstition Displaced by Training

INVESTIGATIONS of the conditions of midwives made in various cities during the past few years—notably in New York, Chicago, Cleveland and Baltimore—indicate that the majority of those practicing in these cities are dirty, ignorant and untrained.

The extreme ignorance of some of the more unfit of these women is suggested by the superstitions which they foster. One, for example, will advise the mother to wear a string of bear's teeth to make the child strong; another, that in case of tardy labor it is beneficial to throw hot coals on hen feathers and place them under the patient's bed; another, that it is flying in the face of Providence to bathe the infant before it is two or three

Your Eyes Are Your Bread Winners—Protect Them

weeks old; while others recommend that such articles as cabbage hearts, bacon rinds, beer, etc., should be included in the baby's dietary.

This type of midwife knows nothing of hygiene, asepsis, or antiseptics, and is often practically responsible for the death and invalidism of infants.

So far as we are able to learn, the only school for midwives of undoubted standards in this country is the Bellevue School, established in 1911 in New York City as a result of the combined efforts of the trustees of Bellevue Hospital and the Committee for the Prevention of Blindness.

The capacity of the Bellevue Training School is fifty pupils, the course at present covering a period of six months, which it is hoped will eventually be lengthened. The character of the work done by the small group of graduates from the school is extremely gratifying.

Although it is acknowledged that the course given is too short, these midwives have commended themselves both to physicians and social workers because of the good care they give to their patients and because they secure adequate medical assistance for other than normal cases.

Blindness Often the Result of Illness

OCULAR tuberculosis, which is supposed to be a common damaging eye trouble, unless skilfully and steadily treated, is likely to recur and result in ulcers, and at last it may leave the eyes scarred and dim. This disease, if taken early, however, is amenable in time to the same simple treatment used for the cure of tuberculosis in any part of the body—fresh air, good food and ample sleep.

Many of the common diseases of childhood, notably measles, are attended or followed by inflammation of the eyes and sometimes even when the inflammation is properly and promptly treated, it frequently damages the eyes beyond repair. Through the ignorance of the parents, or neglect, or physical inability,

many children are not seen until too late; others cease treatment before they are well.

The same is generally true of trachoma, the disease which has become a scourge in this country with the coming from Italy and Russia of the lowest types of immigrants. Many of our large cities are full of this disease in spite of the fact that to-day every immigrant who presents even a suspicion of the disease is turned back.

Though there are other diseases more violent and more immediately dangerous than trachoma, there is none which lasts so long or which suffers so many relapses, and none except those which result in total blindness which causes such permanent disability and yields so stubbornly to treatment. Therefore, it is extremely important, since cure is so difficult that every precaution should be taken against contracting this disease.

Roller towels have proved the most common carrier of trachoma germs. Individual towels and individual basins have become almost as imperative a necessity as the individual drinking cup.

Trachoma has been practically wiped out in New York City through the efforts of the Division of Laboratories of the New York City Department of Health.

Foolish Risks and Ruined Eyes

THERE is a long list of lost or impaired eyes from preventable accidents, at work or at play. At first, these may seem pure accidents which can neither be foreseen nor prevented, but most of them occur with a regularity which compels a different conclusion. A child trying to disentangle a knot in a shoestring with the sharp point of an icepick or scissors, will puncture and ruin his eyes.

The foolish habit of holding a loaf of bread with one hand and slicing towards the body or face with the other, has resulted in the loss of many eyes.

There is a regular average loss of eyes

Keep Dangerous Playthings Away From Children

every year through such a common cause as being hit by the popping cork in opening bottles of soda. Firing pins in defective rifles or shotguns are responsible for a large amount of impaired vision.

Cannons, torpedoes, firecrackers and Roman candles have put out thousands of eyes, and caused many persons to go entirely blind, since it is often the case if one eye is injured, there is liable to be a sympathetic attack in the other.

If an eye which has been seriously injured, and the sight of which has been lost in consequence, is not removed, the other, sound eye may be affected even years after and the sight lost.

Many very serious accidents have occurred as a result of opening golf balls which contain an acid which explodes when exposed to the air. This flies in the face, and the loss of one or both eyes from acid burns is frequently the result.

Industrial Accidents

AMONG workmen, the daily total of more or less dangerous accidents to the eyes is enormous. In working over an emery wheel, there is a constant stream of small particles thrown off at great speed from the wheel itself or from the tool or casting. The experienced workman has learned to work in such a way as to save his eyes as much as possible, but the beginner is always in trouble.

When particles are small they are removed by fellow workmen with the corner of a soiled handkerchief, the soft end of a chewed toothpick, or the point of a dirty penknife. Many particles are in consequence more deeply imbedded, and sometimes go clear through into the eyeball itself.

There are also the less common but more serious injuries from defective tools. For instance, in hand drilling a sort of fringe of metal develops at the top of the drill from the impact of the sledge till finally a blow not extremely

square breaks off some of these pieces which fly off with tremendous velocity and very commonly pass entirely through the eye. A large number of similar accidents occur from the sale of cheap tools, such as hammers and hatchets, which have been cast instead of forged. In driving a heavy nail, a glancing blow breaks a large chip from the head of the hammer, which penetrates the eye. Sometimes such foreign bodies can be removed by giant magnets, but there is danger of sympathetic inflammation of the other eye, unless the injured eye is removed.

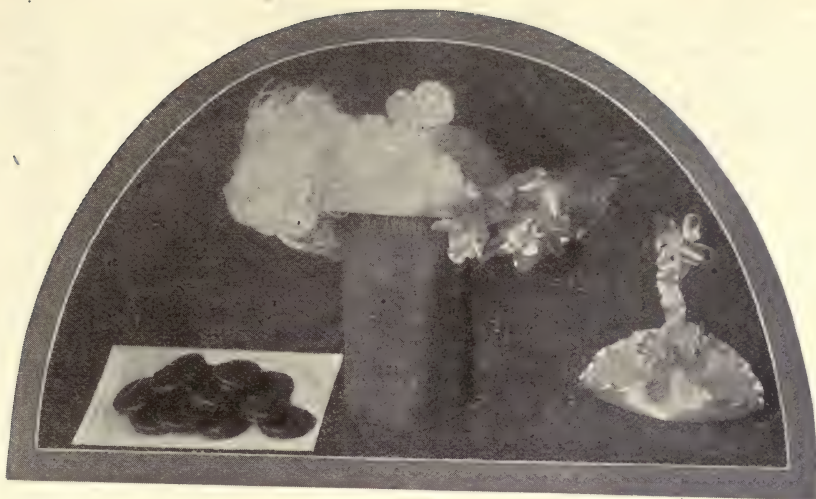
Other trades have accidents peculiar to them, like the lime burns of the plasterer and the mason. Water should not be used in such cases to wash out the foreign substances, but olive, linseed or machine oil.

The Toll of Alcohol and Tobacco

PROBABLY most people know that excessive use of alcohol and tobacco, separately, but more often together, produces blindness in some instances. Such blindness may also affect the ignorant worker in a badly ventilated cigar factory. If discovered in time, such causes are, however, very amenable to treatment.

But there is a new and much more serious danger to which some of the people in this country are exposed. Owing to the high revenue duty on grain (drinkable) alcohol, before 1906, it had become profitable to manufacture methyl or wood alcohol for industrial purposes, which, although costing more to make could be sold much cheaper, there being no revenue on this substance. Soon it became possible to rectify wood alcohol so that it looked, tasted and smelled like grain alcohol. Then drinks began to be adulterated with wood alcohol by unscrupulous saloon keepers, and especially on the lower East Side in New York City, causing many deaths and much blindness.

(Continued on page 80)



"SWEET ENOUGH TO EAT"—DISPLAY OF CANDY MAKING AT HEADQUARTERS
THE HAT AND BASKET ARE SPUN OUT OF WHITE SUGAR CANDY AND
THE DECORATIONS ARE PINK CANDY FEATHERS AND BOWS.

Spring Styles in Spun Sugar

Demonstration at National Headquarters.

BY MONSIEUR EDUARD PANCHARD

Chef of Hotel McAlpin, New York City.



As the old adage has it, "variety is the spice of life," life lacks no spice at Headquarters.

There is hardly a point of interest in which women are, or should be, interested which has not been touched upon at Headquarters at some time or other during the past year, and if some phase of the housewives' problems seems, to the uninitiated, to have been neglected the chances are ten to one that it will yet appear, dressed in a wholly new and alluring form, some afternoon during one of the lectures which are still to come at Headquarters.

In fact, so closely in touch are the lectures at Headquarters with the housewife's interests and worries, sometimes subjects are presented in which women do not even know they are interested until they have heard them discussed by experts who are enthusiastic over their subjects and who know how to interest their hearers.

ONE of the latest innovations, in which visitors at Headquarters did not know beforehand that they were interested, was the demonstration of how to make plain sugar and water candy.

This demonstration was given by Monsieur Eduard Panchard, Chef of the Hotel McAlpin in New York City. While his audience of housewives watched him, breathless with interest, M. Panchard made a beautiful, white hat trimmed with a fluffy, pink feather, and a particularly graceful basket, almost in the time it takes to tell it—and all out of candy!

The "show" was not all there was to this demonstration, however, for M. Panchard told his listeners some very interesting and helpful facts about sugar for which his audience went away the wiser.

M. Panchard began his lecture with a talk on the food value of sugar, the food which appeals to the universal "sweet tooth" of mankind, and which is

(Continued on page 88)

WHY OUR CANNED FOODS HAVE IMPROVED EACH YEAR

By HENRY BURDEN

First Vice-President, National Cannery Association.

Did you ever stop to think what the effect would be if, from the daily round of our national life, there should be eliminated, with its varied contents, the humble but ubiquitous tin can.

Four thousand million of these ser-

vants are called into existence every year, to be filled with the perishable products of field and orchard, making them available in every corner of our country at all times during an entire twelvemonth.



VERY person in the United States is more or less intimately acquainted with canned foods but very few are acquainted with the canning industry or with those responsible for it.

To illustrate the scope of this activity it may be cited that at the recent annual convention of the National Canner's Association at Louisville, Kentucky, there were present over twenty-five hundred members, representing states from Maine to California and from Alaska to Texas, over thirty State and National Food Commissioners and some forty wholesale distributors.

These men represent actively competing lines as well as the censors of food products, but meeting together annually, as they have for the past nine years, they have acquired so much mutual respect and good fellowship that all have but one object, that of placing their organization upon the highest plane of dignity and in a condition to warrant complete public confidence.

THIS condition is possible only as we bear in mind the ideals on which the National Cannery Association is founded. They are: absence of commercialism, concentration upon excellence of product, insistence upon scientific standards, patience in dealing with those who fall below standards and painstakingly teaching them higher aspirations, application of scientific research to food problems.

It is hardly necessary to enlarge upon these ideals. The absence of commercialism removes at once all doubt of sincerity. Nobody can trade on the name of the association. Its approval is above price and is measured in the satisfaction that comes with work well done in the service of mankind.

THE Association maintains in the City of Washington, the National Capital, a remarkably well-equipped laboratory under the direction of expert chemists who have had years of training as critics of pure foods. The services of this laboratory are open to members at cost, and in addition investigations of processes and improvements in technical operation are being continually made.

When knowledge comes to the Association that carelessness or lack of attention to sanitation or other details is characteristic of the plant of any member, immediate steps are taken to inspect such premises and to correct errors.

THE latest achievement of the National Cannery Association is the beginning of the movement for the adoption of scientific standards for all canned foods.

This work cannot all be done in the twinkling of an eye, but an excellent beginning has been made, and before long it will be possible to purchase goods that will be clearly and intelligently labeled as to quality and when so indicated will be uniform, or at least as uniform as it is possible for natural products to be.



THE CHILDREN'S DAY "AT HOME"—AFTERNOON TEA ON THE LAWN

Delicate Desserts for Children

SUGGESTIONS BY MISS EMMA BOSSONG

Domestic Scientist to National Housewives League.

BAVARIAN CREAM—NOURISHING, DELICIOUS

1 envelope gelatine
 $\frac{1}{2}$ cup cold water
 4 yolks
 1 cup sugar
 1 pint cream
 1 pint milk
 1 teaspoon vanilla

Soak gelatine in cold water five minutes, heat milk in double boiler, add the sugar and yolks well mixed and stir till mixture begins to thicken. Add the gelatine and set aside to cool. When it begins to set, add vanilla. Fold in cream and turn into mould lined with lady fingers.

COCOANUT CREAM—CHILDREN'S DELIGHT

$\frac{1}{2}$ envelope gelatine
 $\frac{1}{4}$ cup cold water
 $\frac{1}{3}$ cup sugar
 1 teaspoon vanilla
 3 eggs
 2 cups milk
 1 cup cocoanut
 pinch of salt

Beat yolks and add sugar. Scald milk and when it is hot, stir in sugar and yolks and stir till mixture thickens slightly. Remove from fire and add gelatine that has soaked five minutes. When cool and beginning to set, add cocoanut, whites beaten stiff and vanilla.

WATER PUDDING—AN INEXPENSIVE SWEET

2 cups water
 $\frac{3}{4}$ cup sugar
 3 tablespoons cornstarch
 3 eggs
 juice of one lemon
 $\frac{1}{2}$ of lemon rind

Boil water with lemon rind, dissolve cornstarch and stir it into boiling water, stirring all the time; add the sugar and remove the rind and fold in the well beaten whites. Pour into a glass dish or dishes and serve with custard sauce.

(Continued on page 94)

HELPING CHILDREN TO HELP THEMSELVES

PARENTS—TEACH YOUR CHILDREN TO FORM THE HEALTH HABIT

How can we make the education of our children most effective?

How can we overcome the handicaps that prevent children from keeping up with their grades in school?

How is health instruction to be given in our schools, and what should it include?

How can we inculcate in our children the right hygienic habits?

These are the questions every intelligent mother is asking herself—and in an extract taken from Public Health News published by the New Jersey State Department of Health, they are here answered.



It is self-evident that the mental development of the child cannot be secured through education unless it has sufficient physical vigor to perform the acts required by the educative process.

Nature is concerned, first of all, in maintaining life, and demands that the energy of the child be directed primarily toward that end.

The normal child is endowed with more energy or vigor than is required for nutrition and growth. For educational purposes, this "factor of safety" may be regarded as the margin to be utilized by the school for intellectual development.

IF vigor be deficient on account of inadequate nutrition, imperfect breathing due to adenoids, constant combating of bacterial poisons from infected tonsils or decayed teeth, or if it be made ineffectual by imperfect sense organs, there is less margin left to be utilized in educational processes.

This is the reason that children suffering from these physical handicaps often do not keep up with their grades in school.

THE margin of physical vigor in excess of bodily needs is the capital which the child has to invest in education.

It is the first business of the school to see that this capital is as large as possible.

The school, therefore, should give primary attention to the health of the children, not only for the sake of health itself, but also to the end that education may be more effective.

THE health problem in the school includes school hygiene, medical inspection and health instruction.

School hygiene is concerned with the physical environment as regards air, light, heat, seating facilities, etc., and with the adjustment of studies to the mental activity of the child with reference to fatigue and efficiency. The former is largely an architectural problem, while the latter is a pedagogical problem.

MEDICAL inspection is concerned with the prevention of communicable diseases and the discovery and correction of physical defects which serve as handicaps to the progress of the child.

Health instruction should deal not only with personal hygiene and the health of the individual, but also with the measures for the protection of others from the causes of disease or ill health.

These problems are best dealt with by medical inspectors, school nurses, teachers and health officials working in cooperation.

Definite, Practical Instruction About Health

HEALTH instruction should be something more than instruction in anatomy and physiology. A child has little use for the knowledge that there are 208 bones in the body, or a few more in case sesamoid bones have developed, and that these bones are moved by upwards of five hundred muscles, but he does have use for a knowledge of how to protect his body from invasion by any one of the several species of germs that cause communicable diseases.

It is of small moment for a child to know that one of the small facial muscles is called the levator-labii-superioris-alaeque-nasi, but it is of much moment that he know how to use his muscles to keep his body in proper position.

ANY information that may be imparted by the teacher, health official, medical inspector or nurse will be of little value to the child unless it results in a bettering of his conduct. A boy gains nothing by knowing that spitting on a ball may spread disease unless he ceases to spit. A child does not profit by the knowledge that an erect posture gives the lungs more room by allowing greater latitude in respiratory movements unless he acquires the habit of an erect carriage.

The formation of hygienic habits is the end to be sought in health instruction. Such habits can be more effectively formed if the child's surroundings first be made hygienic and his physical handicaps removed.

MOTHERS—WHAT ARE YOUR ANSWERS TO THESE QUESTIONS?

Have I taken pains to see that the milk that comes to my house has been handled in a clean way?

* * *

Were the fats which I gave my children of the wholesome kind found in milk, cream, butter, and salad oils, or of the unwholesome kind found in doughnuts and other fried foods?

* * *

Did I make good use of all skim milk by using it in the preparation of cereal mushes, puddings, or otherwise?

* * *

Were all cereal foods thoroughly cooked?

* * *

Did I take pains to get a variety of foods from the cereal group by serving a cereal mush once during the day?

* * *

Did my children each have an egg or an equivalent amount of meat, fish, or poultry?

* * *

Did any child have more than this of flesh foods or eggs? If so, might the money not have been better spent for fruits or vegetables?

* * *

Were my children given sweets between meals, or anything that tempted them to eat when they were not hungry?

* * *

Were they allowed to eat sweets when they should have been drinking milk or eating cereals, meat, eggs, fruit, or vegetables?

* * *

Was the food served in a neat and orderly way and did the children take time to chew their food properly?



THE HOUSEWIVES LEAGUES throughout the Nation are standing loyally together in the noble fight against the evils that assail the welfare of our American homes and cities. The National Executive Committee is proud of the great work being done by the States. This is our Official Organ and its columns are open to you. Send reports of your progress to National Headquarters.

Successful Baby Week in St. Paul

By MRS. GILBERT GUTTERSON

President, St. Paul Housewives League

BABY Week at St. Paul, Minnesota, as conducted by the Housewives League of St. Paul, was successful in every way. We had a large exhibit of baby apparel which created a great deal of interest among the women who came to visit us during Baby Week, and our headquarters was thronged from morning to night by women of all classes, eager to learn more about the care and treatment of their children.

During the week there were fourteen lectures delivered on the care of the baby, the subjects including the care of the baby's teeth, the value of milk as food for babies, and all phases of the general care of children.

The widespread interest which our baby-week work created is evidenced by

the number of pamphlets and baby literature which we handed out during the week. Over ten thousand booklets and pamphlets explaining how to care for the baby were distributed. Many of these were printed in six different languages and were taken eagerly by the foreign women who came to visit us and learn what they could about how to take good care of their children.

As a side issue of our week's work, we had the pleasure of knowing we had definitely helped a few little homeless ones to find homes in good families, where we were sure they were welcome.

Although we had no babies at Headquarters we received many calls for babies to adopt and sent applicants where we knew they could find just the baby they wanted.



PURE FOOD EXHIBIT UNDER AUSPICES OF HOUSEWIVES LEAGUE OF ERIE, PA.
Showing Foods Recommended by Authorities as Being Safe and Healthful for Growing Children

“Better Babies—Better Mothers—Better Homes”

By MRS. A. G. GIBSON, Housewives League of Erie, Pa.



ACTUATED by a desire to assist in furthering the ideals suggested by this stirring slogan, with perhaps, a slightly greater degree of emphasis upon the third part, the Housewives League, the Home Economics Department of the Woman's Club, the Domestic Science Classes of the Public Schools, and a number of our prominent business firms co-operated in perfecting a remarkably effective Pure Food Exhibit.

Milk, being the standard baby food, was allotted much space. In three snowy-white, palm-bedecked booths, the standardization and preparation of the baby's milk was shown, by three dealers who specialize in certified milk.

There was both a local and a National exhibit of such goods as are sanctioned by the best authorities for the use of growing children.

The National exhibit sent from the headquarters of the National Housewives League, at New York City, through the kindness of the President, Mrs. Julian Heath, was highly appreciated by the local League.

The largest attendance of the entire week was on Pure Food Day, due, no doubt to the expected arrival of Mrs. Heath, who was to have been the guest of honor, and speaker of the day, but whose illness prevented her appearance, to the intense disappointment of the thousands of women, who thronged the large building hoping to greet the distinguished guest.

Among the other exhibits, the model kitchen, suitable for a family with a moderate income, was conspicuous for daintiness, cleanliness and utility. Much thought has been taken to plan the best expenditure of a very modest sum. In a

News From League Branches

prominent place stood the scales, so necessary to the economical housekeeper, while on the table stood a "well-filled market basket," its contents planned to be seasonable, nutritious and economical. Nearby, was "father's dinner pail," filled with the lunch father should have to supply energy for a working day.

There was also a kitchenette, five by three feet, every inch utilized and not one unnecessary article. Many a flat-dwelling visitor jotted down its dimensions, and noted its furnishings.

The center of attraction was the children's lunch table, with appropriate lunches for babies from one to three years, and with properly packed lunches for school children.

Nothing could be daintier than its spotless linen and sparkling glass dishes, with food prepared by the girls of the domestic science classes.

The menus were prepared by our local Health Conference, a committee composed of all the baby specialists, among them several women physicians.

Each day three of the domestic science girls, in their attractive uniforms, with sweet faces and manners still more attractive, were in attendance to explain to those mothers desirous of learning, just how these dishes were prepared.

Perhaps the feature attracting most attention, not only from city visitors, but from many who came from nearby country towns, was the dairy stable, built and equipped by the children of the Academy Industrial School.

Plans were drawn by a local architect, blue prints made, dimensions reduced to inches, requisitions made for material, and then a working model erected by these lads, whose ages ranged from nine to twelve years, which might well be copied by any farmer intending to engage in dairy business.

It contained a herd of two dozen cows, six inches high; a pen full of calves, a model dairy room, with a table full of tiny milk cans; while standing about were the dairy men and maids, attired in spotless uniforms made by the girls of the sewing classes. On the second floor, a spirited barn dance was in progress, where those milkers whose tasks were done were enjoying well-earned recreation!

So perfect was this dairy stable considered that it has been loaned to the City Health Department, where it serves as an object lesson to the milk dealers who make daily visits to the department to obtain bacterial tests of their milk.

HOUSEWIVES CO-OPERATE WITH FARMERS IN NEW ORLEANS



HE Housewives League of New Orleans is pursuing a vigorous campaign for better markets in that city.

So far, the plan of conducting a curb market which the New Orleans Housewives League has inaugurated has met with marked success and the curb market idea is "taking" wherever people have given it a trial.

Many prominent men in the city have extended their co-operation and

are strong in their conviction that the plan will soon prove its worth and will cease to be an experiment.

As the Housewives in New Orleans see it, here is a real opportunity for service to the city. It rests with the housewives and the farmers, both of whom are vitally concerned, to prove just how interested they are in getting together.

MRS. H. B. MYERS,
President New Orleans Housewives League.

WHAT THEY THINK of our MAGAZINE

AN INVALUABLE AID TO DOMESTIC SCIENCE TEACHERS

DEAR MRS. HEATH:



HAVE gained so much help from the HOUSEWIVES LEAGUE MAGAZINE that I just wanted to write and tell you I think it a wonderful magazine. Just full, from cover to cover, with interesting, helpful, practical, and, above all, stimulating articles.

It springs from real issues and is a "live" magazine. I use it continually for reference material for my students in Household Management.

In my small way I am trying to bring the magazine to the attention of those who do not know about it, and who ought to have it.

Hoping the magazine may grow in usefulness and with sincerest congratu-

lations to you and your helpers who have made it so valuable, I am,

Yours sincerely,

CLARA W. BROWNING,
*Director of Household Arts, Technical
High School, Buffalo, N. Y.*

* * *

I RECOMMEND your magazine wherever I can, as I consider it a magazine of great worth. We find it invaluable in our food study here.

RUTH A. PECK,
*Head of Department of Home Economics,
College of Agriculture, Fayetteville,
Arkansas.*

* * *

YOUR magazine is growing more helpful to domestic science teachers all the while.

ZOE NORMAN,
Chickasha, Oklahoma.

TRULY WOMAN'S FIELD FOR SERVICE



FROM Alton, New Hampshire, comes the following comment on the work of the National Housewives League and the need for its spreading over the entire country.

This is only one of the many which daily come to Headquarters.

"DEAR MRS. HEATH:

"I have watched with much interest and pride the success of your labors.

"You seem to think of things that need doing sadly but which the men never would think of doing.

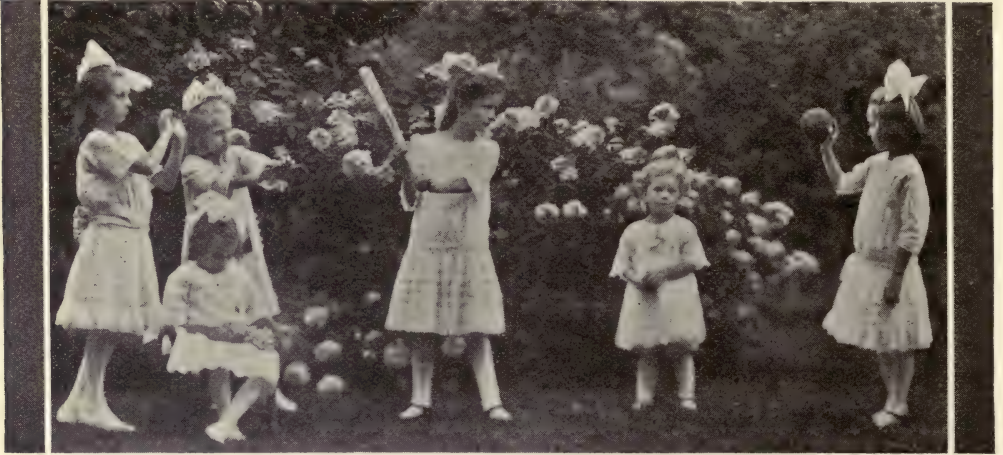
"We are strangers here in Alton and may not remain here long, but if we should decide to stay I should be tempted to try my hand at forming a Housewives League here. I am sure I could arouse interest, as I think this is truly woman's field for work."



N my work as organizing secretary of the Montreal League I give one or two talks every week to different women's organizations. I usually take several sample copies with me and pass them around, and their own excellence speaks for them. Also, those who already have the Magazine are so pleased with it that they add their recommendation to my own.

I consider the Magazine an almost necessary guide to Housewives League work, directing the attention of new workers to things properly within its scope, and offering valuable suggestions to all.

MRS. G. W. LATHAM,
Montreal, Canada.
Organizing Secretary, Montreal Housewives League.



REMEDY FOR "SPRING FEVER"—SPRINGTIME FROLIC OUT OF DOORS

"CLEAN FLOUR" BAGS SAVE NATION'S WEALTH



LOUR has become so very high in price that it would be well for us to consider buying our flour in sanitary rope-paper or paper-lined sacks from the standpoint of economy.

Flour sifts through a cloth bag. In the journey from the mill by rail and boat, to the city, the flour is packed and re-packed several times, and each time a little of the flour is shaken out through the loosely woven fabric of the cotton flour sack.

With the trucking in the city and finally in the delivery from store to consumer still more is lost. Only a little, perhaps, but when one considers the vast number of bags handled the amount of flour absolutely lost is appalling.

Someone was interested enough in this phase of our campaign to compile the following interesting figures:

Suppose a table-spoonful of flour sifts out of each 24½ pound cloth bag (and this is really very much underestimated) and there are eight 24½ pound sacks to each barrel. This would represent a loss of eight table-spoonfuls of flour, or one-fourth of a pound (this is actual weight) for

each barrel of flour at low estimate.

There are one hundred million barrels of flour consumed annually in the United States, which would mean a loss of twenty-five million pounds of flour.

Flour, at present, is selling for about four cents per pound and so we have an actual loss of one million dollars.

At this time, when we are all trying to conserve the nation's resources, why not try to save this needless and wicked waste of its flour?

The remedy is so amazingly simple—namely—that we one and all insist on a non-porous flour container, such as the paper or paper-lined flour sacks, and then we can be sure, not only that we are receiving all of the flour for which we have paid, but that the flour has come to us absolutely clean, uncontaminated by any dirt or disease germs with which it has come in contact on its varied and long journey from the West. We all know that old saying, "Wilful waste makes woeful want," and in this case it is doubly true.

See to it, then, that you do your part in remedying the waste now and so ensure the permanent success of our "Campaign for Clean Flour."

Lessons in Cooking

These Lectures Are Given Daily at the National Headquarters of the Housewives League in New York by the Leading Experts

Under Supervision of MISS EDITH DESHLER

National Vice-President, Housewives League

The Cooking School at the National Headquarters of the Housewives League is giving instruction this year in the various problems of the culinary art. The year 1916 is to bring forth many new recipes in these pages. The lessons under Miss Emma Bossong, an expert in domestic science, are exceedingly valuable to every housewife.

* * *



READS and cakes made of bran are among the most useful foods we have, if they are used properly.

Bran is one of the best laxatives there is, and if used in moderation and in conjunction with plenty of fresh fruits and vegetables is very beneficial.

One almost hesitates to recommend the use of bran in the diet, however, because so many people, as soon as they learn of its laxative qualities, straightway begin to abuse instead of use it.

Contrary to a rather widespread notion bran will not *cure* a condition of constipation—the cure rests entirely with the individual himself, but it will aid one in bringing himself to a healthy, normal condition.

The value of bran as a laxative lies in its power of scratching and irritating the intestines, thus preventing them from becoming clogged and sluggish. If one depends upon bran, however, to keep the intestines active, and takes a large amount of it habitually, the bowels soon cease their normal movements and refuse to act naturally.

Before one settles down to a steady use of bran food in the diet to overcome constipation, it would be well to try some of the simpler, milder measures which, while not productive of immediate results, may often prove of more lasting benefit.

The first of these simple measures is

plenty of water between meals and not much water during meals. It is hardly necessary to say that an opposite practice exists among most people. Another important, though perfectly simple remedy, is to eat slowly and chew thoroughly. This is another of Nature's demands which is commonly overlooked.

Overeating is a common cause of intestinal trouble. There are many who habitually eat more for their meals than can be digested in the five or six hours between meals, and there is consequently always a residue in the intestines which cannot be expelled and which eventually clogs up the bowels.

People often make the mistake of eating only concentrated foods, feeling that bulky foods yield little nourishment and are consequently a waste of energy. But it is just the bulky foods which are needed to start action in the intestines and push the food along.

The use of drugs to relieve constipation is one of the biggest mistakes that can be made. These afford only a temporary relief, and usually do not clean out the intestines thoroughly, and there is always the grave danger of becoming dependent upon them.

If drastic measures are necessary, an enema is safer and more effective than any drug, but here again one runs the risk of becoming dependent on forced action, and moderation must be exercised in its use.

One of the most effective and healthful measures that can be taken to avoid constipation is to start and end each day with a glass or two of cold water. If this is done conscientiously and a glass or two is taken regularly between meals, one seldom has difficulty in producing regular movements.

If cold water does not overcome the trouble, hot water may prove more effective.

Recipes From Housewives League Kitchen

tive, and if something stronger than this is needed, a fourth of a teaspoonful of salt may be added to a cup of hot water and taken the last thing at night or the first thing in the morning, at least half an hour before breakfast.

Olive oil proves helpful to many people, and is a safe and helpful laxative. From one to three teaspoonfuls a day may be taken. Fat acts as a lubricator, and some systems demand more of it than others.

Fresh fruit eaten before breakfast or before retiring is very helpful.

If these simple precautions be observed and care is taken to supply in the diet a moderate amount of bran and other bulky material, the chances are that good health and regular habits will follow.

Bran should be left on our wheat and cereals. It was never meant to be eaten alone. But since most of our cereals and flour have the bran removed, we must supply the deficiency by eating a certain amount of muffins, cakes and mushes made with bran.

The first bran muffins which were put on the market were not attractive and were looked upon more as a medicine than as a food. But since they are so wholesome and beneficial there is no reason why bran foods should not be made good to eat so that children and grown-ups, as well, will enjoy eating them.

Recipe for Bran Muffins

- 2 cups bran
- 2 cups white flour
- 1½ teaspoonfuls salt
- 2 tablespoonfuls molasses
- 2 cups sour milk or buttermilk
- ½ cup sugar
- 1 tablespoonful shortening
- 1 egg
- 1½ teaspoonfuls soda (level)

Sift the flour and mix with the bran. Add salt and sugar. Mix together the molasses, milk, melted butter, and beaten egg and the soda dissolved in one-fourth cupful of hot water. Add this to the dry ingredients. Beat the mixture and pour into buttered tins. Bake in a moderate oven for twenty minutes to half an hour.

RECIPE FOR DEVIL'S FOOD CAKE

Dark Portion

- 4 squares chocolate
- ½ cup sugar
- ½ cup milk
- 1 egg yolk

Melt chocolate in double boiler, mix sugar with one-half the quantity of milk, add to, melted chocolate, add the remainder of milk to egg yolk and stir all together. This makes the dark portion of the cake.

White Portion

- ½ cup sugar
- ¼ cup butter
- ¼ cup sour milk
- 1 cup flour
- ¼ teaspoon soda
- ½ teaspoon salt
- 1 teaspoon vanilla
- 1 egg

Beat butter and sugar to a cream, add unbeaten egg and stir in the sour milk and flour alternately. Add the chocolate mixture to the white mixture, bake in layers, in a moderate oven for twenty minutes.

Recipe for Marshmallow Frosting

- 1 box marshmallows (¾ pound)
- 1 cup sugar
- ½ cup boiling water
- ½ teaspoon salt
- 1 white of egg
- 1 teaspoon vanilla

Boil sugar and water until the syrup spins a thread or forms a soft ball in cold water. Beat white of egg stiff, pour hot syrup over beaten white, beating all the white, add marshmallows cut in quarters and spread on cake.

Frostings of All Kinds for All Cakes

HERE we present a few excellent suggestions for frosting cakes. These recipes have all been tried at the Housewives League kitchen. They are a part of the Daily Course of Lectures at National Headquarters.

Recipe for Frosting for Cake

Uncooked frosting is by far the easiest and safest kind for the beginner to make. In making the boiled frosting, one is in danger of failing to remove the syrup from the fire at just the proper time, and the frosting is either too thin and does not harden on the cake, or it is too stiff to spread evenly. The unboiled frosting never fails to be of the right consistency, for it can be easily changed to make it either thinner or stiffer.

Recipe for Plain, Uncooked Frosting

- 1 cupful confectioner's sugar.
- $\frac{1}{4}$ cupful water or milk.
- $\frac{1}{2}$ teaspoonful vanilla.

Sift the sugar or roll it on a board till free from lumps. Stir the liquid into the sugar, making a smooth, creamy mixture. Add vanilla and spread evenly on the cake. This can easily be made thinner or stiffer, as desired, by the addition of more liquid or sugar. Milk gives the frosting a richer flavor than water. This frosting can be colored, if desired, with any of the pure vegetable colors.

Recipe for Uncooked Chocolate Frosting

Use the same mixture as in the above, adding two tablespoonfuls cocoa and using one tablespoonful less liquid.

Recipe for Uncooked Fruit Frosting

To the recipe for plain frosting add a little of the grated rind of an orange or a lemon. This gives a more delicate and pleasing flavor than is obtained from the use of the fruit extract.

Recipe for Plain Boiled Frosting

- 2 cupfuls sugar.
- $\frac{3}{4}$ cupful water.
- 1 egg white.
- Flavoring.

Boil the sugar and water together till a little of the syrup tested in cold water will make a soft ball. Beat the white of the egg very stiff, and pour the syrup slowly over the egg, beating all the while. When the mixture is stiff enough to hold its shape, spread it quickly on the cake.

If the syrup, when tried in cold water, makes a firm ball of the consistency of a gum drop, it has boiled too long, and can be made of the proper consistency by adding a little more water and boiling again.

Recipe for Boiled Chocolate Frosting

Add two squares of melted chocolate to the above frosting after the egg and syrup have been thoroughly mixed.

Recipe for Boiled Milk Frosting

- $\frac{1}{2}$ cupful milk.
- 2 squares chocolate.
- 1 cupful sugar.

Melt the chocolate over hot water. Add the sugar and milk. Mix thoroughly and allow the mixture to remain over the hot water until it has become thick. Add vanilla and spread on cake. This makes a soft icing.

These Lessons in Cooking are given daily at the National Headquarters of the Housewives League. Miss Bosson is one of the foremost Domestic Scientists in the country. The results of her experiments will be given each month exclusively in The Housewives League Magazine.

WHY BAKE YOUR OWN BREAD?

WHEN THE MODERN SCIENTIFICALLY-PREPARED LOAF
IS YOURS FOR THE ASKING

By JAY BURNS

President, National Association of Master Bakers.

The commercial baking of bread ought to be a subject of very large interest to the housewife of America—perhaps of deeper interest than the manufacture of almost any other article of food.



OR many generations the housewife has maintained a very justifiable pride in her ability to produce for her household in good quality this most necessary article of diet. Time was when she prided herself as much on her ability to weave cloth and make it into garments for her family, and to produce many of the other family necessities which she now purchases.

She has reluctantly abandoned many of these habits, and only as the commercial producer has reached the point of surpassing her in his particular field. She still clings to her habit of home baking, not because she can produce better bread or effect any real economy by so doing, but because she is largely a creature of habit—and is reluctant to give over this ancient household art into other and more efficient hands.

Custom makes slaves of us all, and this is no more true of the housewife than of her husband, who clings as tenaciously to the old ideas, even though they are untenable, and so continues an unnecessary drudgery in the household.

Home-Made Versus Baker's Bread

THE making of good bread is not only an art, it is a science which few housekeepers understand.

By good bread I do not mean bread that is snowy white, or especially pleasing to the eye, but bread that is thoroughly fermented and baked, possessing the highest food value.

From this standpoint the modern commercial baker far surpasses the average housewife. In most instances he uses better flour—not necessarily higher priced flour (for with his large purchasing power he can buy the same grades of flour at much lower prices than can the housewife), but flour more suitable for producing the highest food value in the loaf. He possesses equipment and facilities for producing the best results, that are beyond the reach of the housewife to acquire.

The modern high-speed, mixing machine, which in point of cleanliness and sanitation far surpasses her hand mixing methods—and in point of full and perfect development of the flour, is far superior to any machine which is available for her use—was the first great step toward the scientific loaf.

The modern dough room in which fermentation—a sensitive and delicate process—now takes place in a perfectly controlled, washed and purified atmosphere, tempered and humidified to just the right point, brings about a perfect development in the dough.

No household oven can compare with the modern baker's oven, in which is continually maintained that steady temperature so essential to perfect baking.

Don't Follow Food Fads—Investigate

IN these days of food fads the housewife might profitably turn her attention to a real investigation of the commercial loaf produced under modern conditions—in the modern and perfectly equipped bread factories of today—and I should probably add that I refer in these remarks only to such bakeries, one

(Continued on page 90)

The Junior Housewife



The Junior Housewife and Her Spending Money

YOUNG FOLKS EVERYWHERE—THIS IS YOUR OWN DEPARTMENT—USE IT—IT WILL HELP YOU



HO are the Junior Housewives?

If you happen to live near enough the National Headquarters to visit there on a Saturday morning the question is easily answered. But for the benefit of the girl or young woman who lives in Montreal or Arkansas I will explain.

The Junior Housewives—this very important organization of little sisters and daughters and nieces and friends, all potential housewives—for there isn't one among them who does not expect to have a home of her own some day, whether she pays for it herself or is a partner in it—is just a group of young women who have the same aim and purpose as the Housewives League—"to secure and uphold the enforcement of laws which affect food supplies, the health of the family and the cost of living."

Some of the Leagues throughout the country have Junior branches in their local clubs and the movement is spreading rapidly, for no one appreciates more than the Juniors themselves the value of the opportunities the League is giving them.

Where the girls are not yet organized the Leagues have had them as their

guests at their special lectures, etc. At National Headquarters there is an organization that numbers about twenty-five.

Their activities are very similar to the interests and duties of their superior League toward which they are working.

OUR Junior Housewives have special lessons in cooking—how to help take good care of their little brothers and sisters—how to help make their homes more attractive—first and advanced lessons in sewing and millinery—and all manner of good advice.

They are proving that they like it, too, and the Junior class at Headquarters is increasing so rapidly that now it has been decided to enlarge their department.

We are starting a Girls Club all our own!

JOIN THE JOLLY JUNIORS

A JUNIOR Housewives Club is begun in this "Money-Saving" issue. A club that no girl can afford not to join and a club that every girl can afford to join.

Join now! This means every girl or young woman who reads this or hears about it.



Watchwords for Our Juniors—"Earn and Learn"

Write at once to "The Director," the Junior Housewives Club, care of the HOUSEWIVES LEAGUE MAGAZINE, 450 Fourth avenue, New York City. You will receive an answer promptly telling you the detailed plans of the club.

Just give me your name, age, and tell me whether there is a branch of the Junior Housewives League in the city or town where you live.

Our rules and regulations are simple but I want you to know them, also our entertainment program, means of communication, the opportunities offered you through the club and how to know the other members in your locality.

WATCH YOUR MONEY GROW

THERE never was a girl or young woman who had quite enough money! That does not mean that our girls are dissatisfied or discontented because they have not the wealth of a Croesus.

Far from it! It means simply that they are ambitious. And now in this club comes their big opportunity.

* * *

The purpose of the club is the two-fold aim of the present day—vocational and educational advancement. Briefly "Earn" and "Learn." We will help you to find out how you intend to earn—either happiness or the actual necessities of this world—and we will help you find out what you intend to learn, either something that will be of direct benefit to you in your earning capacity or something that will make for your constant advancement and contentment.

* * *

It rests with you club members how versatile this two-fold development becomes in your lives.

CAKE CONTEST—GET BUSY!

FIRST of all, we are starting a contest along lines that are familiar to every girl.

Before the sixth of next June I want you to send me your recipe for the best spice cake that you can possibly make. The cake must contain materials costing not over twenty-five cents and must weigh about one and a quarter pounds.

* * *

Send me a snapshot of yourself standing close to your finished cake or just a photograph of the cake alone, or even a photograph of yourself without the cake. We want to get acquainted with you. Get some one to take your picture as you take the finished cake from the oven.

Please, also, have some member of your family who tasted the cake sign your letter with you that contains your recipe so that I may know that the cake was eaten and enjoyed.

* * *

You have six weeks, nearly, in which to experiment. For the five best recipes I will award each a prize of a year's subscription to the HOUSEWIVES' LEAGUE MAGAZINE and a membership in our Club. The judges for these recipes will be announced in the June issue. Awards will be published in the July issue.

In writing be sure and tell me who manufactured the materials used, how long and how you mixed and baked the cake, and in what kind of an oven. The directions must be very explicit. The cake must be iced with one of the recipes on page 63 of this magazine.

* * *

If you are going to compete drop me a postal immediately.



Why Not Start a Bank Account?

SOME MONEY-MAKING SCHEMES

WE are going to carry the Money Saving plan of this issue in which our club is started all through the year. The extravagance of the American woman—the indulgence of the American parents—they are both admirable qualities when compared with their opposites! But there is a happy medium and I want you girls to help each other to find it.

We are fighting the high cost of living—we are organizing our charities to fight disease, intemperance, and other evils, and there is something each girl can do. If you have once taken the distinct step from poverty—which a bank account means you have lessened the chances of unhappiness approaching those whose lives you touch.

Put some money in the bank!

You have to have money to save it. Well, here is the advantage of your new club again. "Earn."

And right here let me give you my first hint and bit of advice. While you are making your experiments with your spice cake recipes to find the very best one, make your experiments so good you can sell them. At this time of the year there are May parties and commencement parties, and if you can get in touch with some woman who is going to entertain, make a start by asking her to let you make her some little cup cakes like those the Junior Housewives made last month.

Read your local paper and see when some hostess is announced as entertaining and write her the most polite note you can, making your request. Make your price low to start with so that the experiment will tempt her. Next time you can charge more.

The club has, as one of its most serious aims, this problem of actually mak-

ing money, and those who have already joined are enthusiastic over its enormous opportunity to live up, in every sense, to the words "earn and learn." When you become a member this opportunity will become yours. Join now!

A plan has been arranged by the secretary of our club that promises to offer other opportunities for making money to members through the efforts of all the members. There never has been a secret society, a sorority, a fraternity that failed its members. This feature of our club organization requires the co-operation of every member.

FLOWERS AND FRIENDS

IT is time to plant your gardens girls! If you live on a ranch in Texas and can have half an acre you can develop it; or, if you live in New York City and have only a little box filled with earth taken from Van Cortlandt Park, plant something there this month.

And when you plant it remember that our two watchwords are "Earn" and "Learn." If you have room enough make a garden of service as well as of educational value to yourself and those who help you.

Put some seeds in it so that on a hot August day when you start into a city you can carry quantities of posies in your hand and before you know it you will be able to satisfy your little sister who will shout, "Gimme a flower, lady."

If you have only a box don't plant your own favorite flower, plant that of your mother's or father's, and when the blossom begins to show you will forget that you had a favorite of your own.

Always remember that if you have all you want there is some one who has not, and that, being a member of this Club, it is up to you to find out who that person is. It won't take you long!



Make the Most of This Happy Spring-time

Your congressman at Washington will supply you with seeds if you cannot get them elsewhere. Better yet, write me and I will show you a way to get what you want. Tell me what you want to plant and we will make it possible.

Why not start a mint bed and provide your Mother's friends with fresh mint for their roast lamb dinners?

When you have started your garden or flower plot or flower pot write me what you have put in it. There may be something that I can do to help you, even at long distance, and I want to compare the results.

And I want some photographs of your garden efforts.

A MERRY MAY-POLE PARTY FOR OUR YOUNG FOLKS



WHEN the first warm weather comes and Spring surrounds us, immediately our thoughts and desires turn out of doors.

This has been the natural longing of human beings as far back as the Druids; so when we gather around a May-pole and dance just to express our joy at being alive at the re-opening of Nature no one thinks any the worse of us. So the first holiday you have, girls, get together and make a May-pole.

Originally, May-poles in England stood fixed in the public squares, from year to year and each May time were rejuvenated with garlands and ribbons.

Make your May-pole comparatively small—twelve or fifteen feet high, and if possible paint it white.

If you can't get anything else borrow a clothes pole. Then tack the ends of ribbons (strips of gayly colored cheesecloth are much more serviceable and exactly

as pretty), around the top of the pole. The ribbons for a ten-foot pole should be four yards long, and two inches wide.

Suspend a wreath of flowers around the pole where the ribbons are attached. Decorate the extreme tip of the pole with streamers of the ribbon or with flowers.

IT is easy to wind the pole if you girls once plant firmly in your minds which is the right hand and which is the left! An even number are required for the dance, half the number take the ribbon in the right hand and half in the left. They

then stand facing alternately. As they commence, each dancer (the step is either a walk or an old-fashioned skip) facing the right, passes under the ribbon held by the one opposite facing the left; she then allows the next person going to the left to pass under her ribbon, and so, tripping in and out, under and over, the ribbons are woven.

After winding for a while each party winds a plait separately.



PLANT YOUR MOTHER'S FAVORITE FLOWER IN YOUR GARDEN THIS SPRING.



MAY DAY IS CHILDREN'S DAY THE WORLD OVER.
JUNIOR HOUSEWIVES CAN MAKE THEIR OWN MAY PARTY.

In performing this variation the divisions stand on either side of the pole and all those facing the right pass on in that direction, going in and out as at first until the last person going to the right has passed the last person going to the left in her division, then transferring the ribbons to their other hands, they all turn and reverse the order.

When the plait is about a foot or more in length another change may be made by the two divisions joining forces again, this time all those facing the left proceed in that direction, passing under the ribbons of all the others who are going to the right, thus forming two circles around the pole, one within the other. After going twice around the pole in this manner the dancers composing the inner circle take the outside and the others pass beneath their ribbons again circling the pole twice, then after repeating the first figure once more, the dance is ended.

At a May party it is customary to take basket lunches, and if some of you club girls arrange a party each girl could provide her own lunch, or be responsible for some definite course, say half the sandwiches of the entire lunch. A party of ten is an ideal May Party.

BUT before you start on your own party please try to do something for someone else.

* * *

Choose preferably some person whom you know cannot get out and yet to whom this joyous spring season means much. The old custom of a May Basket was carried out in England for many years—children used to go from house to house bearing garlands of flowers woven in willow slips and branches. Make your basket of cardboard, paper, straw, birch bark.

Gradually the custom of filling the basket with flowers exclusively is passing and some little gift, anything you wish, may be put in the basket.

The basket is hung on the door knob very early in the morning, and is left without any card as if a fairy had stopped there in the night.

* * *

Be sure and write me, Junior friends, how you make your baskets and whether you have a May party or not. If you do, try and have a May-pole picture taken so that next year I may show your photograph to the other club girls.



Junior's Cooking Lesson—Dainty Cup Cakes



If you are ever near National Headquarters remember that the Junior Housewives' special time is Saturday morning. At that time Miss Bos-song gives a cooking lesson and demonstration to as many Juniors as can be accommodated at once. And as the Girls' Club grows, so will the accommodations and equipment grow to keep pace with them.

The lessons at Headquarters are free. In many cities, St. Paul, Providence, Denver, there are very active branches of the Junior League.

I want to hear from all these Juniors. Tell me what your League is doing, how many members you have; what meetings, what you are planning to do especially next month.

* * *

The Juniors are proving themselves past masters—or mistresses—in the art of cake making. Last month they made the most delicious, dainty, melt-in-the-mouth cup cakes imaginable. This is the recipe they used:

Recipe for Cup Cakes

2 tablespoons butter
½ cup sugar
1 egg
½ cup water or milk
1½ cups flour
2 level teaspoons baking powder
1 teaspoon vanilla

Mix butter and sugar together. Beat egg well before adding it. Add vanilla and water. Sift flour and baking powder together and add it gradually. When well mixed bake in very small muffin tins, greased, in a moderate oven, about twenty minutes. When cool, ice with different colored icings.

Dissolve 2 level tablespoonfuls cocoa or one square of chocolate over hot water. When melted add ¼ cup of milk and 1 cup confectioner's sugar and ½

teaspoonful vanilla. Spread this on some of the cakes.

The white icing is made by adding the milk and vanilla to the confectioner's sugar.

The pink is made by adding a few drops of pink vegetable coloring to the white icing.

LET'S GET ACQUAINTED!

THIS past month has been a busy one at Headquarters. Just as soon as you girls are acquainted with each other I want you to carry on every month, if you have the time, some of the activities that the Junior Branch have undertaken at Headquarters, as told to you every month in this Magazine. This will be one of our chief means of communication, although a temporary director, appointed to help start the Club, has plenty of time to answer all the questions you want to ask her.

WHAT ABOUT YOUR VACATION?

REMEMBER that with next month will come school commencements and that you will want extra money. Remember that after that will come your vacation when you will want extra money—or perhaps something to do with all your leisure time. Write to me and join our club and you will get started first.

I want the "earn and learn" aim to become a slogan. I want to get in touch with the girls and young women of the Magazine, and see what the Magazine can do for them.

We can do much for each other. I want to hear from every girl who reads this, and from all of her friends. Start a little group of congenial friends and write me a letter and I will tell you how to join us.

"THE DIRECTOR."



News from Courts and Legislatures

THE constitutionality of the Trading Stamp Laws of Florida and Washington has been affirmed and every contention of the opponents of premium schemes upheld in a decision just handed down by the United States Supreme Court. The court held that trading stamps can be taxed by the State even when they are packed with articles imported into the State and are conveyed to the consumer in the original packages.

Replying to the contention that premiums constituted a particular method of advertising the court said, "Advertising is merely identification and description. * * * It has no other object than to direct attention to the article to be sold and the acquisition of the article to be sold constitutes the only inducement to its purchaser. The schemes of complainants have no such direction and effects. They rely upon something else than the article to be sold. They tempt by a promise of a greater value than that article and apparently not represented in its price."

The National Premium Advertising

Association has issued a statement in which it maintains that the decision makes little practical difference.

It is virtually certain, says the Association, that it will not change the situation in States which have held the giving of premiums to be a "legitimate exercise of the right of the individual to conduct his business in a lawful manner," and even under the statute now held to be constitutional in Washington and Florida the tokens can still be given "provided a cash valuation is placed on them and goods are technically purchased for the money value of the coupons instead of being exchanged outright for them."

It points out further that State legislation on this subject may have effects that the opponents of premiums have not taken into consideration, since their banishment from any State will leave both retailers and manufacturers without any weapon with which to fight the premium-giving mail-order house.

The question is evidently a very complicated one and not to be satisfactorily adjusted without Federal action.

GOVERNMENT REGULATION OF FOOD STANDARDS

THE climax, if not the conclusion, of eight years of controversy between food authorities and manufacturers has been reached in the decision just handed down by the United States District Court at Chicago, in the case of the Government against the Thompson & Taylor Spice Company, to the effect that no one can be punished for violating standards established by food officials or even by custom or otherwise.

Officials charged with the enforcement of the Food and Drugs Act in Chicago say that the ruling amounts to a practical nullification of Section 7 of the law which holds a food to be adulterated if its quality or strength is lowered, and without authoritative definitions of what constitutes normal quality or strength it is difficult to see how any meaning can be attached to this clause.

The law itself prescribes no standards, but it does give to certain officials authority to make rules and regulations for carrying the law into effect. In several cases the United States courts have held that this includes authority to make standards.

The practical value of having recognized food standards calls for no comment. Dollars and cents are definite things, each of exactly equal value with others so named, but peas, beans, oysters, salmon, or as in the case under consideration, oil of peppermint and orange, are not adequately described by their names.

Those who buy and sell in large quantities, have a certain trade jargon which serves as a guide to quality, but these terms are unintelligible to the ultimate consumer and he has no others to take their place.

A Government standard conveys a definite idea to his mind and is usually an improvement also on the trade system of grading.

The present case will undoubtedly be carried to the Supreme Court and if the ruling of the lower court is not reversed it will be plainly necessary for Congress to take some action to meet the difficulty either by creating a Standards Commission or by authorizing the present food officials to make standards.

THAT BONE OF CONTENTION AGAIN—BENZOATE OF SODA

THAT perennial bone of contention, benzoate of soda, is the subject of a very interesting action which has just been brought in the Federal Court at Madison, Wisconsin, to restrain the State Dairy and Food Commissioner, George J. Weigle, from enforcing the State law against the sale of products containing benzoate of soda in Wisconsin.

The plaintiffs, Curtice Brothers Company of Rochester, argue that since the Federal law permits the use of benzoate of soda the State cannot exclude it.

In a similar case brought in Indiana by the same company the United States District Court at Indianapolis and the

District Court of Appeals held that the harmlessness of benzoate of soda had not yet been established and that there "could arise no question of the violation of the Constitution of the United States or of the State of Indiana," in its exclusion by the latter.

The case was then carried to the Supreme Court, which has not yet handed down a decision.

In the case of the Indiana Feeding Stuffs Law a similar conclusion was reached. In the Wisconsin corn-syrup case, on the contrary, the State law was set aside by the Supreme Court of the United States.

In this case, however, the State law not only insisted on its own label but required the removal of the one authorized by the Federal law, thus destroying part of the evidence whereby the United States Government determines whether or not an article, when imported into any State, is in conformity with the Federal regulations.

The Indiana Feeding Stuffs Law sim-

ply went a little farther than the Federal law, requiring that all the ingredients of feeding stuffs be stated on the label, while under the Federal law only specified substances had to be declared.

The application of the corn-syrup case has been a matter of much dispute and the progress of the benzoate-of-soda case will be watched with much interest.

LICENSED BUTTER AND CHEESE FACTORIES

THE farmers, cheese-makers and butter-makers of Wisconsin seem to be co-operating in the most cordial way with the State officials in the enforcement of the new law requiring all butter and cheese factories to be licensed.

The rules and regulations for such enforcement were adopted at a conference where the factory owners and delegates from various State associations were represented, and since then there has been a great demand from the various interests concerned for aid, not only in so altering the factories as to comply with them but in bringing home to every

producer of milk and cream the necessity of adopting better methods, for no improvement in the factory will be of any avail unless the quality of the raw material is also improved.

Factories are inspected at the request of the management and the official suggestions have several times resulted in the replacement of old buildings with modern structures at a cost of many thousands.

In the opinion of competent observers the year 1916 is likely to become a milestone in the history of butter and cheese industries of Wisconsin.

SAPONIN NOT SUITABLE SUBSTITUTE FOR WHITE OF EGG

THE Bureau of Chemistry does not regard saponin as a suitable substitute for white of egg, and the Department of Agriculture therefore announces that its use in mixtures intended to take the place of egg whites will no longer be permitted in interstate commerce.

The reason given for this ruling is that saponin imparts to the so-called substitutes for white of egg "a fictitious appearance of body and therefore of food

value," but in addition to having no food value it is, according to the United States Dispensary, "a powerful poison."

Its use is not permitted in countries other than the United States, but here it is still very generally used in soft drinks.

The bottlers claim, of course, that in the quantities in which it is used it can do no harm, and it is also said that the poisonous element can be eliminated.

RETAILERS HELD RESPONSIBLE FOR FITNESS OF FOODS

THE Pennsylvania courts have ruled that Government inspection does not relieve the packer of meat products of responsibility for the conditions of his product.

The case was a suit brought by a woman whose husband was alleged to have died from eating pork infected by

trichinae. The court held that notwithstanding the existence of Federal inspection "the common-law duty to sell only wholesome food still remains and the burden of discharging this duty has not been shifted to Government inspectors."

In a similar case in New York State

the Supreme Court has just made a decision holding the retailer responsible.

A woman bought some pork from the Mohican Company which maintains a number of chain stores throughout the Eastern States that appeared good and wholesome and bore the Government stamp to that effect; but she and her whole family were made ill by eating it and there was some evidence that it was infected by trichinae.

Although it was admitted that the defendant's store was perfectly clean and sanitary and that there was nothing about the meat by which it could be told that it was unfit for food, the court ruled

that in offering foods for sale, the retailer gives an implied warrant that they are fit for use.

The judge stated that this decision was given in accordance with precedent, but that he personally disbelieved in the principle on which it was based.

He believed the retailer should be required to take every reasonable precaution to ensure the fitness of his foods, but that he should not be held absolutely responsible since there were many instances in which the facts could not be ascertained without laboratory investigation.

NO SHOOTING OF WILD FOWL TILL FALL

APROPOS of a statement which recently appeared in the newspapers of the Mississippi Valley and elsewhere, to the effect that the Department of Agriculture has suspended the enforcement of the Federal regulations under the Migratory Bird Law, the Department announce that it has no power to suspend these regulations.

The season on wild fowl is therefore closed until next autumn and all violations of the law will be prosecuted.

The erroneous impression to the contrary has probably grown out of pending litigation involving the constitutionality of the Migratory Bird Law. The lower courts disagreed on this point and the case has been carried to the Supreme Court of the United States.

The case was argued in this court in October, 1915, but has not yet been decided. Meantime, the law remains in force, and Congress has appropriated money for its enforcement.

HOUSEWIVES RESERVE JUDGMENT IN BREAD CONTROVERSY

THE New York State Association of Master Bakers has introduced into the Legislature a bill forbidding the use of chemicals in bread and the trade press is most emphatic in its demand that it be passed.

The majority of the bakers do not use such improvers, the *Bakers' Weekly* asserts, but there is a growing tendency in this direction which it views "with considerable alarm, not because there is

anything necessarily injurious in the practice; but because it tends to shake public confidence in the staff of life." The bakers want the housewife's confidence, it says, and are convinced that they cannot have it so long as she is uncertain as to what enters into the composition of their product.

The bill is understood to be aimed at a certain so-called yeast food used by a big baking company.

NO MORE BLEACHED FLOUR IN PENNSYLVANIA

THE bleaching of flour or the use of flour so treated is no longer to be permitted in Pennsylvania.

Agents of the Commonwealth have

been ordered to investigate reports that bleaching is being done, and it is announced that anyone found engaged in

(Continued on page 91)

The Housewife's Book Shelf



THE SCIENCE OF MOTHERHOOD

Mothercraft. By Sarah Comstock. Price, \$1.00. Illustrated, 214 pages. Published by Hearst's International Library Co., New York.

IF there are any of those benighted and impractical individuals left who insist that the mother instinct is all that is necessary to guide the young and inexperienced mother through the dangers and responsibilities of motherhood, let them read "Mothercraft."

And if there are mothers who know their ignorance and are looking for definite knowledge upon this important subject, let them also read "Mothercraft," for they will find here not only general theories as to the care of infants, but much practical instruction as to just what to do and how to do it in all the emergencies that are common in motherhood.

Motherhood as a science is comparatively new in this country. In Europe, there are a good many schools devoted to the subject, but in this country the movement is young, and has not made much headway as yet.

This book is the result of the author's conviction that upon the mothers of the country depends the future welfare of the nation—that we may treat a symptom here and there, swat the fly in one community and investigate the milk supply in another, but, until we educate our mothers we are ignoring the root of many of the vital problems of the day.

The matter of infants' clothing receives full consideration in this book and the fundamental teaching is, "Make the baby comfortable."

To drive home her point—the necessity for simple, healthful treatment of the baby and comfortable clothing—the author gives us an imaginary plea made by the tiny baby who is subjected to discomfort, not to mention unhealthful conditions, all for the sake of pleasing his mother's eye for beauty.

If he could speak, such a baby might beg, "I beseech you, Very Large Person, who descends upon me and twirls my arms about in their sockets and forces them into ruffled and bow-knotted sleeves, please rip off all those dreadful, meaningless, unbeautiful, fussy trimmings, and let me wear the simplest of garments. And kindly remove all these hot wrappings, one upon another. I am not an onion, but the warmest-blooded human being in existence. Dress me with simplicity and lightness, so that I may be comfortable, and I shall reign as happy as the proverbial king."

The gist of the teachings of this very useful book may be given in the author's words, "The mother of yesterday was an amateur, the mother of tomorrow must be a professional."

And this book tells the mother of today how she can attain the point of perfection which will be demanded of the mothers of tomorrow.

A BOOK OF HOUSEHOLD SECRETS

From House to House. A Book of Odd Recipes from Many Homes. By A. N. Ferguson and Constance Johnson. 291 pages. Price, \$1.50. Published by E. P. Dutton and Company, New York.

THERE are so many new cook books being published each year that the housewife becomes quite confused and discouraged trying to keep in touch with them all. And the net result is, usually, that she gives up trying to keep track of the new ones and devotes herself exclusively to her old, tested-and-found-reliable stand-bys.

But here is a new one that is really new and really worth the busy housewife's time to examine. It is a boiled-down collection of household cookery "secrets" which were gathered together by a trained nurse as she went from house to house in the pursuit of her profession.

In nearly every house there is at least one dish for which the cook is famous and of which the secret is jealously guarded by the family.

When one visits the Browns, for instance, he knows that he will be served a delicious fish soup which he never gets elsewhere, while Mrs. Black makes a wonderful omelet, the recipe for which is a family secret.

The recipes contained in this new recipe book are the "family secrets" culled

from a great many sources and covering a wide variety of dishes.

In every home which our enterprising nurse visited she soon discovered on what special pudding or new salad the family prided itself and she jotted down in her note-book all the particulars she could get. And the result is a unique collection of recipes which the housewife who wants something a little different with which to surprise or please her family, will welcome to her book shelf.

You will look in vain here for the common boiled potato, the poached egg on toast or roast beef medium—those are for the ordinary cookbook—but you will find a collection of peculiarly attractive sandwiches, unusual salads and desserts, and innumerable ways of dressing up odds and ends.

The arrangement of the recipes is as new and different as is their subject matter. They are arranged in encyclopaedia fashion.

For instance, if you have apples in the house and want a suggestion as to ways of using them, turn to Apples, under A, and you will be referred to the various pages where apple recipes occur.

The book offers, in short, a refuge from the commonplace, and will prove a definite help to the busy woman who is looking for new ideas.

TEETH AS AN AID TO HEALTH AND BEAUTY

The Care of the Teeth. By Charles A. Brackett, D.M.D. Price, 50c., 63 pages. Published by Harvard University Press, Cambridge.

THAT important but sadly neglected phase of human health and beauty, the care of the teeth, is here treated in a practical way which makes the book of value to mothers who need to know what steps they must take to start and keep their children's teeth in the healthiest condition.

Dr. Brackett is strong in his recom-

mendations to parents to start their children's teeth right, for, he says, upon the start which the teeth get, depend not only the future condition of the teeth but also the health of the individual.

The author gives us further incentive to care for our teeth in the right way and especially to teach children how to do it by assuring us if we had all received the proper care of our teeth from the time we were babies, making frequent, regular visits to the dentist, we should now be

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Delicacies and Stimulants for the Invalid

(Continued from page 39)

Wipe the meat with a damp cloth and scrape the surface with a dull knife until the tender part of the meat is scraped off.

How to Make Scraped Beef Sandwiches

SCRAPED beef can be seasoned and patted into small cakes and served on a bit of crisp lettuce leaves or cress; or it can be served in the form of sandwiches.

To make scraped beef sandwiches, cut bread very thin, remove the crusts and spread over a layer of scraped beef. A second slice of bread can be placed on top, if this does not make too hearty a meal for the patient. Butter the bread if the patient is allowed to have fat.

If these sandwiches are daintily made, garnished with water cress, they look so tempting that the natural disinclination to eat raw meat is easily overcome.

If the patient can digest a little cooked meat, the scraped beef can be made into little cakes and seared on each side. This makes the meat a little more appetizing. Be very careful in doing this not to overcook the meat.

Beef Juice and Beef Tea

THE same piece of meat can be used to make scraped beef and beef juice or beef tea.

After the beef has been scraped, remove all fat and put the meat through the meat chopper. If a meat chopper is not available, the meat can be cut in small pieces.

Place the chopped meat in a glass jar, put on the cover and heat, raising the temperature slowly to 160°. Let it remain for a few hours at this temperature, taking pains that it does not at any time reach the boiling point.

The main object in treating beef for beef juice is to extract as much juice as possible. The finer the meat is chopped, the more quickly the juice comes out. The extraction of juice is also aided by

adding a little salt to the meat, which serves to draw out the blood.

If one is in a hurry to prepare beef juice, the meat can be seared on both sides in a fry pan. This tends to bring out the juice quickly.

To make beef tea, squeeze out the juice from the meat by putting it through a vegetable press or potato ricer. More juice can be extracted by putting the meat in a saucepan, adding a little cold water and letting it heat very slowly till all the juice is extracted.

Recipe for Junket Pudding:

- 1 quart milk
- ½ cup sugar
- 1 rennet tablet
- 1 teaspoon vanilla

Add sugar and flavoring to the milk and let it become luke warm. Dissolve the rennet tablet in one tablespoonful of cold water and stir into the warm milk.

Pour into glasses or custard cups and let stand in a warm place till set. Then chill on ice.

Recipe for Egg Lemonade

- 2 cups water
- ¼ cup sugar
- 1 lemon
- 1 egg

Pare the skin of the lemon very thin and put in saucepan with the sugar and water. Boil five minutes. Strain, pour on ice or set in cold place till cool and add the juice of the lemon. Beat the yolk of the egg very stiff. Mix with a little of the lemonade and then stir the egg into the rest of the lemonade. Whip the white of an egg stiff and stir into mixture. Pour into a glass pitcher and serve immediately.

Recipe for Egg Orangeade

- 1 orange
- 1 egg
- 1 teaspoon sugar

Squeeze the juice of the orange into a glass. Beat the white and yolk of the egg separately, very stiff. Mix the yolk, orange juice and sugar and fold in the white.

Healthful, Remunerative Work for Women

(Continued from page 30)

into the agricultural world and compete with men so far as physical strength goes, or to hire out with men to do hard days' labor, but to supply trained women in positions where the trained mind is needed as well as the trained hand.

The Naval Academy trains men to be officers, not to go into the ranks; they are of too much value for that with their technical and practical training. This school aims to do the same thing in a horticultural way. A large amount of practical work is given so that the students will know every step of the way along which they may be training others to go. This training is designed to enable a woman to show a gardener how to do a thing by doing it herself, to know the most economical methods, to use her mind for coördination and system as well as her hands to demonstrate.

Gardeners and Teachers of Gardeners

IN this country there is a rapidly growing demand for managers of farms, fruit plantations and large and small estates, as well as supervisors of home and school gardens. The cry is also going up for an increasing number of specialists in this line as teachers in public and private schools and in reformatories, for horticultural journalism, and for drafting in offices of landscape architects.

Several charitable institutions have recently been endowed by men who, realizing the importance of outdoor occupations for their beneficiaries, make gardening one of the regular courses. For all of these teachers will be needed, and the comparatively few women now filling them are making a success in this field of activity which is noteworthy.

Since last fall the Horticultural School at Ambler has had three calls for women gardeners to oversee estates, which includes the care of greenhouses, two for women to manage truck gardens and farms in state reformatories, and one for a woman to take up poultry and bee keeping on a large scale.

This only accounts for the actual number of applications which have been

received, and there must be many more which have not come to our attention.

Thoroughly Practical

THIS school differs from Agricultural Colleges in that it offers more practical work, each lecture period being followed by one or two hours of practical work, usually demonstrating the lecture just given.

Special attention is given to individual work. Each student plants and cares for a small plot of ground under instruction, for which she is held responsible. She has care also of certain parts of the greenhouse; nursery, orchard and vineyard, and this experience is combined with practice in the various horticultural operations not too heavy for her, that she may be able not only to understand every detail of the work, but to direct the efforts of others.

Each student is required to keep a daily record of her work. In this way she becomes familiar with the length of time required for the germination of seeds and the development of flowers, fruits and vegetables.

A study of canning and preserving is a required part of the course, as the conserving of surplus fruits and vegetables is of great economic value.

Training in the principles of simple carpentry is also required and the students are taught to make cold frames, boxes, flats and various other articles incident to garden work. A thorough course in poultry and bees is also given.

Positions for Graduates

MOST of the students expect to take positions upon graduation. They are eager to know, and work with a will.

One of the graduates of this school is acting as demonstrator, or assistant at our own school. Another is draftsman in a large well-known nursery and still another is in a wholesale greenhouse.

One enterprising graduate has a small commercial greenhouse of her own and another has charge of her father's orchard.

Where Work is Delight

Two graduates are running a small poultry plant in connection with a tea room.

One of the graduates has a garden of her own and does all her own work. Her garden was described as a "Bewitching garden of joy and bloom, a delight to herself and all her friends."

One, even before graduating (this is her graduating year), had a school garden under the County Superintendent, and this year hopes that in connection with the Smith-Lever Bill, several more gardens may be started in the same county, enlarging her scope. She also has a nature-study class for children during the spring.

One is doing some landscape work, having supplemented with outside studies. Another has purchased a farm in Florida and expects to take charge of it.

We have been asked by the United States Department of Agriculture Bureau of Plant Industry to obtain information as to the dates of the leafing and blooming of our native and cultivated plants. The students will record their observations on blanks provided by the Department and return them when complete, thus assisting in the collection of materials which will be of value to the country. Khaki skirts and smocks form the regulation costumes of the women who come to the school for training.

WE like to feel that back of the fact that a new occupation is being opened to women, the students who go from the school will really be doing something which counts in the advancement of the world, adding their shoulder to the wheel in the movement for the improvement of rural life.



LANDSCAPE GARDENING OFFERS A FIELD PECULIARLY ADAPTED TO WOMAN, CALLING INTO PLAY HER INSTINCTIVE GOOD TASTE AND GIVING FULL SCOPE TO HER UNERRING EYE FOR GOOD EFFECT

The Danger of Too Much Eye-Strain

(Continued from page 50)

Varnish is frequently made with wood alcohol, and when used by men engaged in varnishing the inside of beer vats, for instance, unless good air is pumped in constantly, and the bad air forced out, either kills or blinds the workmen.

Wood alcohol is used in perfumes, essences and extracts, and there are cases on record of blindness resulting from drinking these where no liquor could be obtained.

The Eye's Capacity for Work

THE eyes have often been called expanded portions of the brain, but not many seem to recognize how complicated a function vision really is.

So necessary is this function that four of the twelve great cranial nerves are devoted to it exclusively, and it is so complicated that the slightest abnormality of nerve or muscle will throw the entire mechanism out of order.

When one stops to consider that most people use their eyes almost constantly

and that many tasks involve a continuous strain for hours at a time, it is easy to understand why vision requires more expenditure of nerve and muscle than any other function, and also, because of the close connection between visual and other centers in the brain, why eyestrain may give rise to other disorders, as is so often the case.

Specialists in nervous disorders have now quite clearly established the relation between some eyestrain and nervous breakdown, which by the use of proper glasses might have been averted.

There is unfortunately no standard for measuring the eye's capacity to do work. Eyes differ in acuity of vision and in strength of endurance. A perfect eye may be overstrained, or a defective eye may be given what would seem a normal amount to do and yet prove quite incapable of accomplishing it.

The standard of average, however, is to be able to read easily fair-sized print at a distance of one foot from the eyes.



THE BLIND NEED NOT FOREGO ALL THE JOYS OF LIFE
Swimming Class for Blind Girls in Western Pennsylvania Institution for the Blind,
Pittsburgh, Pennsylvania

Responsibility Rests on All Mothers

IT is hardly necessary to warn you against cheap, pushcart glasses, or ten-cent store glasses, and yet thousands of people use them. The best oculist is none too skilful to decide what outside assistance is necessary to re-establish as nearly as possible the normal function of the eye.

Conditions of lighting, which have such an important bearing upon conservation of vision, I can only touch upon here.

Recently, an investigation was made of the lighting of school rooms in New York City. By a system of measurement used in illuminating engineering, it is found that lights placed at a distance of three feet from the ceiling, three feet apart and nine feet from the floor, most completely illuminate the desk area of a room, instead of the low hanging gas jets placed in the center of the room.

The most recent improvement or innovation in lighting systems is the indirect form, used particularly in large rooms or halls, whereby the light is thrown first to the ceiling and then reflected into the room. This is of particular advantage in hospital wards, for instance, for besides affording better and more evenly distributed light, there is no glare in the patient's eyes.

Many of us, perhaps, have not had time to consider that it is not the great

amount of light which counts, but the kind of light—that which most nearly approaches daylight in strength and evenness of distribution. Light is to see by; not to look at.

Light, for reading purposes, should be on the book—not in the eyes. This is also true for working. Ignorance or carelessness in using light while working causes a tremendous amount of injury to the eyes of those who depend more upon their eyes than any other part of the body to earn their living.

Eyestrain, injudicious use of good or defective eyes, sometimes results in blindness.

Work for prevention of blindness, which was begun nine years ago, in 1906, has progressed by leaps and bounds. In this short time there have been established at least a dozen State organizations.

Women's clubs, mothers' clubs, men's clubs, public schools, doctors, nurses, social workers, and illuminating engineers are all helping, the endeavor being made to discover the extent and nature of any form of blindness, and passing on this information when authenticated, but, particularly seeing to it that any inflamed, red, swollen or watery eyes, whether in children or adults, get treatment of the right sort.

EVERYBODY CAN HELP IN EYE-SAVING CAMPAIGN

Remember that any inflammation of the eyes, especially in infants, may be dangerous, and should be treated immediately.

Protect the eyes with goggles or other devices if working in a dangerous trade.

Always buy and use industrial alcohol in the industries and in the home to avoid the danger arising from the use of wood alcohol.

For any difficulty in seeing caused by a defect in the eyes, go to an oculist to be examined for glasses.

Do not let children play with dangerous things, with pointed articles or explosives of any sort.

All can help in this important movement by taking care of their own eyes.

Your eyes are your breadwinners; take care of them.

Housewives to the Rescue

(Continued from page 12)

reported that there has been little response from the housewife. The newspapers, realizing what it means to them, are carefully saving and forwarding, to the factories which supply them with paper all their waste material.

Other large concerns are doing the same, but no effectual way of tapping the family supply of paper stock has yet been found.

The Day of the Ragbag and Junk Man

PESSIMISTS say it cannot be done, that the modern woman cannot be expected to bother with a ragbag and haggle with the junk man. Persons who say this have not, however, reckoned with the public spirit of the Housewives League, and with the new spirit of thrift which animates it. They do not know, perhaps, that the ragbag is not yet extinct. One of the officers of the Housewives League still keeps one, and in remote rural districts it is frequently found.

There are more reasons than lack of thrift, moreover, for the general abandonment of this time-honored domestic institution. For one thing, we have fewer rags than our grandmothers had, for we do less sewing; and for another, the price which the paper makers have paid for such material in the past has been so low that the organization for collecting it has to a great extent broken down.

The ragman, who used to appear semi-monthly at the housewife's door, with a glittering array of tinware which he was wont to barter for rags, has almost disappeared.

There has usually been no convenient way in which the housewife could dispose of her rags, if she had wanted to save them, and in the limited quarters of

most modern homes there is no room for extensive accumulations.

Given a proper organization for collecting the waste and the stimulus of patriotism, or some other altruistic motive, the modern housewife would doubtless save rags with as much assiduity as her grandmother.

"Rags for Paper—Not for Powder"

A SUGGESTION emanating from one of the trade papers is that the churches should be made the centers of such a collecting system. We suggest, also, that each local League be utilized without delay and the double motive of adding to the income of the League and saving the country from a very serious danger would be brought to bear on the problem.

In any such scheme the Salvation Army should, of course, be included, as it already has an army of twenty thousand men and women engaged in this business. It has also been proposed that funds for the Red Cross might be raised in this way.

Members of the Housewives League will, of course, be quick to see their duty in this matter and take whatever action may be necessary. Wherever there is a local League it should either take the initiative in organizing the collection of paper stock or co-operate cordially with any other agency that is disposed to lead the way.

It is a humble duty, that of saving rags, but one fraught with immense possibilities at the present moment.

Housewives, save your rags!

Let "Rags for paper, not for powder" be your slogan.

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Simplify—the Secret of Housewife's Success

(Continued from page 28)

systems of management. But this does not mean that all systems should be complicated. A system is really good when it is the simplest that will gain the desired result.

So I am not going to advocate elaborate book-keeping or anything of the sort. But I do want to say this, and say it very emphatically—that if the cost of food is troubling you, your wisest step will be to make a budget. Too many of us spend freely when the purse is full and then scrimp with furrowed brows when the purse gets light.

We will buy food, and everything else, wisely, only when we have estimated our income and apportioned it so that we have a chart and compass before us for safe sailing. The woman who knows her route may diverge a little here and there, but she will keep to her purposes. She will have some kind of efficiency.

When speaking of efficiency I think we should bear in mind that efficiency

can be judged not so much by the means used to gain a result as by the result itself. If you set out to get food for little money you can do it, but you will have to spend time and energy doing it. Some plan their buying so as to save money; others buy so as to save strength and worry. There is a happy medium. We need not spend all our time over the stove; nor do we need to go to the other extreme and get everything from the tin can. Here again, to judge efficiency, we must know the standard.

Budget making and the knowledge and care which spring from it will help very much in developing systematic, economical buying of good food.

Another help is keeping of records of costs of food and of menus. These make past experience useful and save much repetition of estimating. The accompanying record cards may be suggestive of types that would suit your need.

REMEMBER THESE POINTS WHEN BUYING

First of all, we must know the value of food as food.

* * *

Second, we should consider the cost of preparation. Some cheap foods require so much fuel, so much time and labor in their preparation that some of us cannot afford to have them.

* * *

Third, there is the unavoidable waste in food and its preparation. A pound of meat as purchased may or may not be a pound of edible meat. Cheap cuts may be largely bone. Or much may be lost in the cooking.

* * *

We have also to think of the availability to the body. A food, though low priced, if uneaten or if eaten but unassimilated is decidedly a waste.

" . . . and send five pounds of Domino Granulated Sugar."

When you order sugar, say "Domino Granulated Sugar." Then you will be sure of uniform high quality, perfect cleanliness, and all cane sugar. The packages keep it dry and clean.

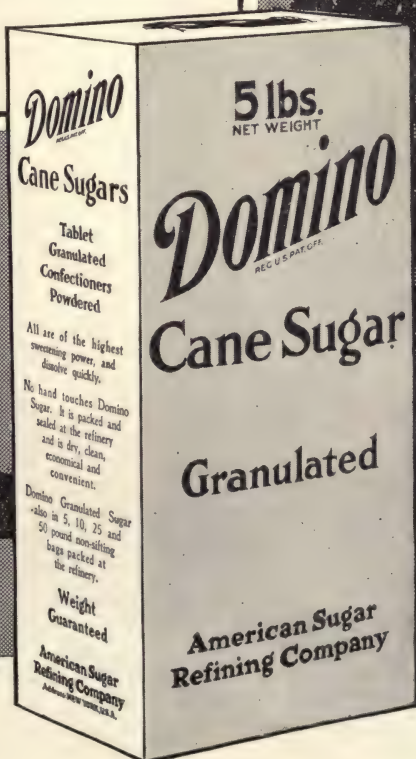
Good grocers who want to serve you best sell Domino Sugar as follows:

Domino Granulated Sugar in 2 and 5 pound packages.

Domino Tablet Sugar. Full-size tablets in 2 and 5 pound packages. Half-size tablets in 2 pound and 10c. packages.

Domino Powdered and Domino Confectioners Sugar in 1 pound packages.

**American Sugar
Refining Company**



Turn Your Porch Into a Living Room

(Continued from page 23)

the foundation color of the sun-parlor floor, and there are various kinds of so-called "bungalow" and "art" rugs equally attractive and desirable from every point of view, while perhaps the very best rug of them all for our present purpose is made of American-grown flax of guaranteed linen fibre. These have the same soft feeling under foot as a wool rug, are especially heavy, so that they lie flat on the floor and have no fear of the scrubbing brush or muddy feet.

In the prairie grass rugs conventional border designs are sometimes preferable to the perfectly plain ones, but in these better wool and fibre floor-coverings which you buy for your more substantially furnished porch, avoid the border effects and any pretense of design, even so much as the broad bands across the ends of the rug.

Almost always you can order a perfectly plain rug, even if you cannot find the one that you want in ready stock, without additional expense and with little delay, and the rug without border or design is not only in more refined taste, because less conspicuous, but will make the small sun-parlor look larger than it otherwise would.

FINALLY, as to the actual pieces of furniture needed for porch comfort, this, of course, like everything else, "depends."

The essentials everybody knows—chairs and tables and a comfortably upholstered swing for the ordinary porch; but there most people stop and feel content, forgetful of the fact that the fullest enjoyment of the outdoor living room depends, as in the case of the indoor living room, on the thoughtful provision of all the small furnishings as well.

Every comfortably furnished porch needs its several little tables and stands, just large enough to be conveniently drawn up beside a big chair to give the occupant a place to lay down a book, or ash tray or work bag or teacup, as the case may be.

And the ever-useful tea wagon is another porch "indispensable," which also makes a wonderfully good sewing table when not put to its intended use.

The "day bed," prettily upholstered, spells the acme of individual comfort and is often used to-day in place of the porch swing. In the well-furnished sun parlor it answers the purpose of the davenport of the regular living room, and for porches where the day bed seems out of place, or cannot be had for the matter of expense, a comfortable "chaise lounge" may take its place. Excellent models come in willow and in the painted "peasant" styles in wood and cane.

WHEN we come to the more pretentious sun-parlor where even the luxury of a fireplace has been provided, there is no limit to the small accessories which can be included in its furnishing for the complete comfort and convenience of everyone concerned.

In short you can, if you will, make a really-truly room of your porch, no matter to what particular variety it belongs. And, moreover, there are few homes where some sort of a small extension sun-parlor, for service twelve months of the year, cannot be added on, upstairs or down, which will give in return for the investment more health and happiness than any other room in the house—a sleeping porch, if you choose, but if there can be but the one, make it also a living-room porch as well—a place where the baby can sleep out-of-doors or the children play in the open air and still be "in the house," a place where one can sew, write letters, or spend a summer evening with a good book instead of idly sitting on a gloomy porch.

If you have never known what it is to rest, or read or work in a little room that is more windows than walls, with the blue of the skies, the green of the trees, and the bigness of "all outdoors" around you, you have missed a great deal out of life.

Bread Muffins Angel-food Cake Pastry

all are not only possible, but easy—in their most excellent form—and with a better-than-usual flavor, from

Pillsbury's Best

For this flour is not just a bread flour, or a cake flour—as some flours are. It is an all-around, and all-purpose flour. With it in the kitchen you need no other—the one sackful does for all things.

This all-around usefulness, coupled with the excellent flavor which it gives to everything into which it enters, makes it exceptionally suitable for home use, where usefulness, economy, and excellence are always considerations.

Your grocer has it. Use it in your kitchen.

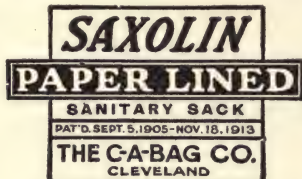
Because
Pillsbury's
Best



Today's the Day!

When You Buy Flour

You want it pure, fresh and clean. You can be sure it is if you insist on this mark on the sack.



No Dirt, Dust, or Impurities of any sort can touch the flour.

It is not Wasted in Handling It can't sift out.

It Reaches You Full Weight as pure, fresh and clean as when it left the mill.

Ask for Flour in *Saxolin* Sacks

The Sack that keeps the Flour *IN* and the Dirt *OUT*

The Cleveland - Akron Bag Co. Cleveland



SPUN SUGAR DEMONSTRATION

(Continued from page 51)

consumed to a greater extent by American people than by any other nation in the world.

So high is sugar in food value, that a single lump yields as much nutriment as a boiled potato, with much less demand on the digestion.

FOLLOWING his talk on sugar, Mr. Panchard observed that since the husbands all like candy the housewives might profit by watching his own operations in that line.

First, manlike he knew how to appeal to the stomachs of the men, and he made some delicious chocolate peppermints, recipe for which is given below.

He next aroused the interest of the women by touching on the subject nearest their hearts—their hats. With the help of his skilled assistant Mr. Panchard, in thirty minutes, without the use of a mould, fashioned a "creation" to the last fine detail, and called his work of art a "*chapeau printanier blanc*," which translated means a white spring hat.

It boasted a pink feather and pink roses. Every woman present declared it was "exquisite."

Mr. Panchard concluded his unusual and interesting exhibition by making a white baby basket of sugar decorated with sweet peas and pink ribbon bows.

Recipe for Chocolate Peppermints

1 pound sugar
1 pint water

Boil sugar and water together till, when tested with a thermometer, the syrup has reached a temperature of 236°. Flavor with peppermint and thicken to the consistency of frosting, with confectioner's sugar. Pour into a funnel and press out with a stick onto a marble slab, making the peppermints any size desired.

Cool with melted chocolate.

Pink or green vegetable coloring may be used to make these look more attractive.

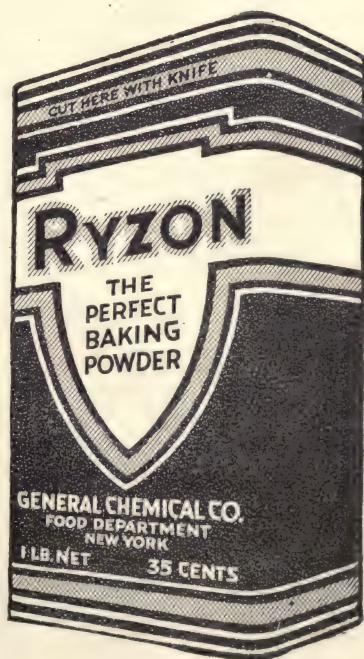
Phosphates in food are necessary to human life.

RYZON, The Perfect Baking Powder, is made with pure, crystallized monosodium phosphate, a new and better phosphate.

Pure, healthful—gives better baking results.

If your grocer cannot supply you, send 35 cents for pound tin to address below.

GENERAL CHEMICAL CO.
FOOD DEPARTMENT
NEW YORK



PROTECTALL WARDROBE BAGS

Keep clothes, furs and blankets clean and sanitary and safe from dirt and moths. Save cleaning and pressing bills.

COMBINATION DAILY-USE AND STORAGE BAGS
made of tough, lasting rope fibre paper.



STORAGE (only) BAGS
made of durable odorless tar paper.
All bags securely closed by folding side.

MID-WEST BOX COMPANY
1610 Lytton Bldg., Chicago.

Prices and Sizes			
Combination	Daily Use	and	Storage
Waist Bag	27 x 36		\$.50
Dress Suit Bag	27 x 50		.60
Garment Bag	27 x 60		.75
Garment Bag	27 x 65		.85
Storage (only)			
Garment Bag	27 x 60		1.00
Fur Bag	25 x 30		.75
Blanket Bag	25 x 30		.50

BAKER'S VERSUS HOME BREAD

(Continued from page 64)

or more of which is to be found in almost any American community, usually under the management of a baker affiliated with the national trade organization.

The well-made, commercial loaf is not only far superior in food value to that which the housewife produces at home, but comes nearer supplying her table with a balanced ration than any other common article of food.

While the price of everything else which goes on her table has advanced from seventy-five to one hundred per cent., baker's bread has advanced not more than twenty-five per cent., and constitutes by far the cheapest article of diet for her family.

The flour used by the average modern baker is richer in gluten or protein (the indispensable element for growing children) than that used by the housewife.

The modern commercial baker supplies a superior product; and to the housewife who is willing to lay aside the time-honored, household burden of making bread, furnishes a superior service either indirectly through a dealer, or directly to her own table.

Once the prejudice against baker's bread is laid aside, few housewives ever return to home baking, unless they are careless and unfortunate in their selection of a baker; and since commercial bread is now made to suit almost any taste in flavor and form, there is little room for disappointment or excuse for not getting the article desired.

I should like to urge upon the attention of the housewife that in every community those bakers who maintain membership in their National Trade organization will be found to conform more nearly to her ideals—in point of cleanliness—sanitation—and high quality of product than those who have not come under this improving influence.

Investigate your dealer and find out for yourself whether the bread you are serving your family conforms to the high standard demanded by the Housewives League.

Rich, nourishing soup

with

Kornlet

THE MILK OF GREEN SWEET CORN

The Haseerot Canneries Co., Cleveland, U. S. A.

Oils Everything

about house and office. 3-in-One has a hundred daily uses. You constantly need it to oil clocks, locks, casters, sewing machines, go-carts, velocipedes, roller skates, lawn mowers, guns and fishing reels; magnetos and commutators.

3-in-One Oil also polishes automobile bodies; prevents rust on andirons, escutcheons, and tools; puts an edge on a razor; keeps nickel-plated faucets, etc., bright.

3-in-One

has been the standard household oil for twenty years; nothing can take its place.

At all stores: In bottles, 10c, 25c, 50c.
In Handy Oil Cans, 25c.

FREE—A generous sample and Dictionary of Uses.

Three-in-One Oil Co.
42 KUM. Broadway, New York City

LEGISLATIVE DEPARTMENT

(Continued from page 74)

the business, or in the selling of bleached flour will be prosecuted.

FOOD officials, both State and Federal, have for some times been coöperating to check the traffic in bad eggs, and are now going to the root of the matter by prohibiting the shipment of eggs that have not been candled to eliminate those unfit for food.

Several States have given notice to shippers that the shipping of bad eggs is illegal and that eggs must be candled to make sure that they come within the law. Violations, it is stated, will be followed by prompt prosecution.

The Federal Department of Agriculture has announced that consignments of eggs containing more than five per cent. that are unfit for food will be held to be adulterated.

This means one dozen and a half to a case and seems a sufficiently liberal allowance, since a bad egg is easily recognized and a qualified candler ought to be able to eliminate not only ninety-five per cent., but practically all of the black spots, mixed rots, addled eggs, moldy eggs, eggs with yolks stuck to the shell, and others which the Department lists as adulterated.

These trade-mark criss-cross lines on every package

GLUTEN FLOUR **DIET FOR**
DIABETICS

Kidney and Liver Troubles, Rheumatism, Obesity
and ills arising from excess of Uric Acid

Rich in Protein. Ask your physician. Leading grocers.

For booklet or sample, write
FARWELL & RHINES, Watertown, N.Y., U.S.A.



"FORCE" Brings Sunshine

It's so crisp and hearty!

But "FORCE" is more than crispness—more than flavor. "FORCE" is real nourishment—Nature's own wheat—plus the extra nutriment of barley malt.

Now that you're looking forward to lighter breakfasts, don't forget "FORCE." Add it to your menu this week.

"FORCE" TOASTED WHEAT FLAKES

Every package wax-sealed against dust.

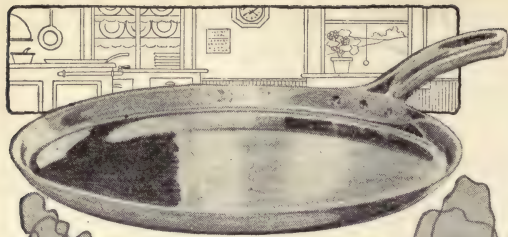
The H-O Company, Buffalo, N.Y.
Makers of H-O, Force, and Presto.



This domestic science booklet contains illustrations and recipes for making forty nourishing kinds of breads, buns, etc., with FLEISCHMANN'S YEAST.

Yours for the asking.

THE FLEISCHMANN CO.,
701 Washington St. New York



Karo The Nation's Spread for Griddle Cakes and Waffles

FOUR hours of breakfasting from Norfolk to San Francisco — and golden brown Karo being poured thick over tempting hot cakes every minute.

This Wonderful Aluminum Griddle Is a Karo Label Premium

We want Karo to be served on the finest cakes that can be baked — this is the reason for our liberal premium offer. We will send you the Karo Aluminum Griddle by prepaid parcel post for only 85c. and labels from 50c. worth of Karo.

Send for the Corn Products Cook Book, beautifully illustrated in color. It contains many fine recipes for the use of Karo in cooking and candy-making.

Corn Products Refining Co.
Dept. YY.
New York.
P. O. Box 161.



A CLEAN VICTORY



The Grand Medal of Honor

Far above the ordinary Gold Medals

BACK up your own judgment by the opinion of specialists in this line. Leonard Cleanable One Piece Porcelain Lined Refrigerators have received the praise and approval of the Panama-Pacific Judges, Good Housekeeping Institute, and a million homes. These exclusive features won the victory:

1. Bringing the porcelain lining clear to the outside, around the door frame.
2. A new one-piece door lining, covering the edges of the doors.
3. A self-closing trigger lock.
4. Ten walls to save the ice and food.

Cleaned as easily and perfectly as your Haviland China. 50 sizes, many styles, \$16.50 up to \$150.00. Porcelain or Wood cases, freight prepaid. Money-back guarantee.

Write us today for our Catalog and a sample of the finest porcelain obtainable — the kind used in Leonard Cleanables.



Grand Rapids Refrigerator Company
114 Clyde Park Ave., Grand Rapids, Mich.

CARE OF THE TEETH

(Continued from page 76)

able to go to the dentist's office with the same equanimity as if the visit were to the manicure. Surely such an experience would be worth working for.

The manner of using the brush in order that good and not harm may result is thus explained by Dr. Brackett:

"Occasionally a person with more zeal than discretion, using a stiff brush and a coarse powder with a crosswise motion of the brush over the necks of the teeth, does make mischief. The margin of the gum is fretted and forced back, the softer portion of the tooth above or below the enamel border is exposed, and may be materially worn so as to constitute a V-shaped groove, markedly for the tooth's disadvantage. The right way to use the brush is to place it upon the gum and with a half-rotary motion bring it perpendicularly upward upon the lower teeth, downward on the upper teeth, in such a way as to avoid this danger of mischief which has just been described as possible in the crosswise motion. With this motion of the brush, not only is no harm likely to come to the soft tissues, but the cleansing of the teeth will be much more efficient.

FOR THE NEW MOTHER

The Baby's First Two Years. By Richard M. Smith, M.D. Illustrated. Price, 75c., 156 pages. Published by Houghton Mifflin Company, Boston and New York.

THE mother who is in need of condensed, easily accessible information about all phases of baby care, including clothes, the nursery, diet, food recipes and how to travel with the baby, will find just what she wants in this little book.

Perhaps the most useful part of the book is the chapter devoted to taking the reader through a typical day with the baby, beginning with the early morning feeding, at five o'clock, and going through the day up to the final "good night," at nine o'clock in the evening.

LECTURES AT HEADQUARTERS

The following are some of the lectures and demonstrations by specialists which have been given at National Headquarters of the Housewives League during the month of April.

Demonstrations

Crullers—How to Mix and Bake Them. By Miss Emma Bossong, Domestic Scientist to the National Housewives League.

Fish That Are In Season—When to Buy, How to Select and How to Cook Fish. By Mr. Charles S. Storm, of the Blackford Fish Market.

How to Make French Pastry—Puff Paste, Fruit Tarts, Napoleons, French Apple Pie, Cream Rolls, Macaroons, Cream Puffs, Eclairs, Patty Shells, and Fancy Iced Cakes. By Chef of Hotel Martha Washington, New York City.

Gelatine Candies—Turkish Delight, Marshmallows and Glazed Candies. By Miss Emma Bossong.

How to Preserve Eggs in the Home. By Mrs. E. P. Canfield.

How to Plank a Steak. By M. Eduard Panchard, Chef of Hotel McAlpin, New York City.

Hot Cross Buns for the Easter Breakfast. By Miss Emma Bossong.

Cheese Souffle. By Miss Emma Bossong.

Seasonable Salads. By Miss Emma Bossong.

Lectures

Series on Care of Eye, Ear, Nose and Throat. By Dr. F. Marsh Soper.

Eyes—Their Use and Abuse.

The Care of the Ear.

Care of the Nose and Throat.

The Family Physician and His Relation to the Family. By Dr. Myrtle Lothrop Massey.

Suggested Easter Menus. By Miss Emma Bossong, Domestic Scientist to National Housewives League.

Junior Housewives League

Candy Lesson—Fudge, Marshmallows, Dainty Cup Cakes.

Creamed Carrots and Tea Biscuit.

Making and Coloring Easter Eggs.

Making Food Attractive.

Under the above title, "Making Food Attractive," Riley M. Fletcher Berry, Dietitian, says in the January number of "The Nurse" magazine:

"It is an axiom that daintiness of service is a table requisite, but it goes without saying that with invalids it is even more attractive."

Beauty of form and color, as well as delicacy of flavor, are important considerations in the hospital and sick-room dietary. You will remember that in that masterpiece of fiction, "Middlemarch," George Eliot says: "It is strange how deeply color seems to penetrate one, like scent. I suppose that is one of the reasons why gems are used as spiritual emblems in the Revelation of St. John."

No two colors of the different flavors of

JELL-O

are alike. All are as beautiful as gems. For this reason and because the flavors are exquisite, they are especially agreeable to the sick and convalescent.

Of all gelatinous dishes those made of Jell-O involve less work and expense and furnish the most complete satisfaction.

Seven different flavors, 10 cents each, at grocers' everywhere.

THE GENESEE PURE FOOD CO.,
Le Roy, N. Y., and Bridgeburg, Ont.



FINE
GRANULATED SUGAR
FOR GENERAL USE

FRANKLIN FINE GRANULATED SUGAR IN CARTONS

is the clean, sweet, pure sugar for general use in cooking, canning, preserving and baking. It is famous everywhere as the "Standard of Purity," is made from Sugar Cane, and we guarantee every carton to be full weight.

2-lb. and 5-lb. Cartons

Sealed-at-the-factory!

Dust-proof!

Franklin Carton Sugar includes Franklin Fine Granulated Sugar, Franklin Powdered Sugar, Franklin Dainty Lumps (Small Cubes) and Franklin XXXX Confectioners' Sugar.

The Franklin Sugar Refining Co.
PHILADELPHIA

A BOOK OF DESSERTS

Over two hundred recipes
in the new

MAPLEINE COOK BOOK

Send 4c in stamps for a
copy,—you'll find it most
useful.

Write Dept. 43

CRESCENT MFG. COMPANY,
Seattle, Washington.



TO THE RESCUE OF BIRDS

(Continued from page 36)

Mousing is even said to be encouraged by good nourishment.

Every feline who is a persistent bird-killer should be killed for the sake of agriculture. Efforts at their re-education seem not worth while, although one may teach the sly hunter not to bring his quarry home.

The cat may be tethered when outdoors, from a ring on an overhead wire. He does not mind this, and it saves most birds.

Bird-nests and houses should be protected from cats by any of a large number of devices.

Easiest of all, cats should be kept in the house or barn, wherever their work is, at night and during May and June, the birds' breeding season. Four-fifths of the cats are abroad at night, which is their favorite hunting time, when the birds are asleep on their nests. And in the breeding season cats are deadly by night or day.

EAT GOODMAN'S SPAGHETTI



SOLE MAKERS OF THE
BERLINER TEA MATZOTHS
SOLD EVERYWHERE
A. Goodman & Sons, Inc., New York

DESSERTS FOR CHILDREN

(Continued from page 53)

Sauce for Water Pudding

1½ cups milk
yolks of 3 eggs
3 tablespoons sugar

Put milk over fire to heat. Mix yolks and sugar together and stir into the warm milk, stirring constantly till it begins to look thick. Do not let it boil.

Creamy Rice Pudding

1 quart milk
½ cup rice
½ cup sugar
⅛ teaspoon nutmeg
¼ teaspoon salt
½ cup raisins may be added

Bake from two to three hours in a slow oven, stirring the pudding at intervals during the first hour.

MY DEAR MARY:

At last I have time to write you and time for lots of other things. I'll tell you why! I just bought a kitchen cabinet—a seamless steel one, white enameled, called the "McClernan." It's just too beautiful for words. Jack and I sent for catalogs of all kinds and inspected every make in the stores and finally decided on this one as the most complete, most sanitary and the best looking. It's a kitchen in a nutshell—a place for everything; and so easily kept clean. I can do twice the work in half the time. Now I really have leisure. I don't know how I ever got along without it. Be sure to see it at your dealers.

Yours happily,
LOUISE

Write for Folder
McClernan Metal Products Co.
Dept. H. 122 S. Michigan Ave.
CHICAGO, ILL.

**SANITARY
McCLERNAN
STEEL CABINET**



VOLUME VII

June, 1916

NUMBER 6

What Has Become of Our Poultry Supply?

This Question Puzzles Market Authorities and Affects Housewives' Course of Action

By MRS. RICHMOND FERMOR

Trying to find out what has become of the poultry supply of the country at the present moment reminds one of the old game of "Button, button, who's got the

button." The price of poultry has risen unprecedentedly, but whether this is due to an actual shortage or to the cornering of the market is a question as to which authorities differ.



HE United States Office of Markets has no information as to the shortage of poultry. The New York State Department of Markets asserts that some members of the so-called beef trust have bought up all the cold-storage poultry and are using their power to extort all the traffic will bear.

The *National Provisioner*, organ of the American Meat Packers' Association, characterized this story when it appeared in the newspapers some months ago as a "canard," and disinterested persons say that the situation can easily be accounted for without assuming that anyone has cornered the market.

They admit that the packers have a considerable quantity of stock in cold

storage, but say it is not sufficient to constitute a corner nor to account for the extremely high prices now prevailing.

Why Poultry is High

OWING to the heavy export demand, meat has become scarce, it appears, in the smaller towns of the West and South, the main source of the poultry supply, and the price has therefore risen higher than that of poultry, thus encouraging the consumption of the latter.

Prosperity, born of the war, has, in addition, enabled the working classes to pay as much for such stock at the point of production as it would bring in the big city markets. Hence, it is argued, the scarcity and consequent exorbitant prices of poultry in the latter.

(Continued on page 47)



REPLACING THE HEAVY, WINTER FURNITURE WITH LIGHT, COOL, WILLOW AND CHINTZ-COVERED PIECES WILL GIVE YOUR ROOMS A NEW LEASE ON LIFE FOR SUMMER MONTHS

Summer Garb of Your Rooms

Home Decoration Department

By VIRGINIA EARLE



VERYBODY," as the saying is, "will soon be out of town;" but, as the truth of the matter stands "everybody," in this case, indicates only that very, very small proportion of our city home dwellers who are fortunate enough to have a country house or a cottage by mountain or sea for summer months, and those unfortunate people who, having money and leisure but without a real home, are now commencing to give up their rented rooms in town for other rented rooms somewhere else.

The majority of us are pretty lucky if we leave town for occasional weekends with a fortnight's vacation in the bargain, and this is also the summer pro-

gramme of the average commuter and his family whose suburban house is open the season through.

WITH most of us, then, it is one and the same house twelve months of the year and the question now of paramount importance is: are we or are we not, on that account, to have a *summer* home? For there is no good reason why, because we must live under the same roof month in and month out, we need live in exactly the same environment and amid precisely the same surroundings winter and summer alike.

A change of the latter—a change, that is, in the furnishing and general appearance of our rooms with the advent of



A ROOM WITHOUT CURTAINS IS AS CHEERLESS AS BREAKFAST WITHOUT COFFEE

The English-style, sash curtains are particularly adapted to summer use, for when the lower part of the window is raised, the curtain goes up with it, thus keeping clean longer and letting in more air.

May or June—is as welcome and refreshing as the fresh green of the grass and trees, and in many cases no less beneficial than that change of air which the doctors tell us is so necessary.

WE all know how much better the favorite frock that we have worn a good many days in succession will look after it has been laid aside for a little while; how much better home cooking tastes when we come back to it after a few weeks of hotel life; how much more we appreciate even the virtues and charms of our families after a brief absence.

And just so it is with our rooms and their furnishing; it will all look better in the fall, ever so much better, if now we will but put our chairs and sofas in summer dresses of linen or chintz, take down even our thin hangings and put up others in their place, "for sake of a change"—unless the former are already

as simple and summery as can be—and put away for the time being every unnecessary ornament, taking care that no superfluous bit of decoration shall ever to be allowed to return.

BUT the parlor and living room in summer dress to-day is a cousin very, very far removed from those dreary, drab and barren-looking rooms which a dozen or more years ago we called to mind when anyone spoke of bringing out her slip-covers and taking down curtains.

To begin with, the furniture cover of gay printed linen, or a less expensive chintz, is so much more decorative than the old-fashioned striped linen cover that it warrants the slight extra expense.

Plain linens also make very beautiful furniture covers but are not always advisable because they so readily fade, and other plain-colored and self-striped fabrics are generally high in price.

Cool-Looking, Summery Rooms

So, in rooms where to have all of the slip-covers made of a cotton or linen print would be literally too much of a good thing, we may compromise by using on some of the furniture the ordinary tan or gray striped linen of our grandmothers' day, with only the difference of new-fashioned stripes, and then, for sake of contrast and effect, introduce our color and design in the covering of other chairs.

piano now stands because the parlor has been dismantled for summer months in favor of the furnished porch-room, such as we talked of last month—in this room even the winter floor covering has been put away and replaced with the cool-looking grass rugs.

If only a dozen or so of the ornaments and photographs had been also put away, not for the time being but for all time! These make the one unrestful, unsum-



IN THIS SUBURBAN LIVING ROOM EVEN THE WINTER FLOOR COVERING HAS BEEN PUT AWAY AND REPLACED BY COOL-LOOKING GRASS RUGS

SUCH a plan has been followed in the illustration on this page and here with the decorative chintz curtains, in addition to the two large chairs in the same goods, even the piano cover would have been better if made of the plain "pin stripe" linen of the couch.

In this room—and by the way, a suburban house living room in which the

mere thing about an otherwise charming little room, and more's the pity!

IN the larger living room shown on page 11, the one arm-chair and stool being already covered in chintz and the davenport in a plain rep, it has only been necessary to put the few other upholstered pieces of furniture in chintz

Take a Vacation in Your Own Home

covers and to add the gaiety of chintz curtains and pillows to give the desired lightness in effect.

Yet here again an otherwise cool-looking summery room is spoiled because of one thing; in this instance the figured rug. Picture to yourself how much happier the room would have looked with a plain-colored carpet or one of the inexpensive, summer "art rugs" with plain

of furniture, replacing them for summer months with willow chairs and tables, and keeping out from her winter furnishings only the big oak table and the davenport (not shown in this picture), which is now dressed in a flowered chintz to match the upholstery of her lighter things.

And the comfort of light, easy-to-move furniture in a summer room is like



SHOWING EFFECTIVE USE OF PRETTILY COLORED CURTAINS OF SUN-FAST MATERIAL, HUNG WITH RINGS AND PULLEY CORD WHICH DRAW EASILY ACROSS THE GLASS

center and a conventional border of unobtrusive design.

AND now, coming to the illustration on page 10 we see still another summer home living room in an all-year-round house exploiting a different idea.

Here the home-maker has thought best to put in the attic, or a temporary store room, all of her fine and smaller pieces

the comfort of a "cool-looking" dress, whether or not it be actually any cooler than the one you laid aside.

Nor is the idea of having extra pieces of living-room furniture especially reserved for summer use as extravagant as might at first appear, considering the saving in wear of the pieces laid aside.

But, if we cannot afford either the

(Continued on page 46)

Is There Anything the Matter With Your Child's Mind?

By JESSIE TAFT, Ph.D.

Social Service Director of the Mental Hygiene Committee, New York State Charities Aid Association

You generally see to it that your child's body is kept healthy. How about his brain? There are many mental pitfalls in the path of childhood. Would you recognize the danger signals?



HERE seems to be no end to what is expected of mothers!

True, they no longer spin and weave, they no longer bake and brew for individual families, but what with municipal housekeeping clamoring for the hand of an experienced housewife, and child welfare work increasing in bulk and importance by the minute, the modern mother bids fair to have enough to do.

Only the other day some authority suggested that every woman should be required to take at least a superficial medical course because every mother ought to know the rudiments of medicine. When we consider what mothers are supposed to do for the physical health of their children, this suggestion is not so far fetched.

Eyes, ears, noses, teeth, throats, digestive tracts, hearts and lungs—all these must be looked after. The most favorable living conditions for the physical well-being of the child must be provided: Mothers must be on the alert for the first symptoms of physical disease, and must know just where to go for expert diagnosis and treatment. Everyone has agreed long since that mothers are responsible for healthy bodies.

WHAT about healthy minds? Is not that the next step? In all modern science there is nothing more wonderful or more startling to our old ideas than the answer to this question, for modern science is declaring that healthy minds do constitute our next responsibility—that they are not, as we once thought, born one way or the other and beyond our influence for good or ill.

Diseased minds have until recently been accepted as inevitable. We used to think that insanity descended upon its victims without warning, an inexorable fate against which struggle was useless. Now the mental specialist is telling us that we were mistaken; that people do not inherit insanity, but only a nervous make-up, which is more or less predisposed to mental disease.

We are told now that "insanity"—if there is any such term rightly used except in a legal sense—is plural not singular, that we should say "insanities" or, far better, mental diseases. We find that these diseases have causes just as our physical diseases do, and that when you get at the causes you can in many instances stop the disease.

The mental specialist is saying that the mind of the child is just as important as his body, that the health of both can be good or bad, can be improved or made worse. That is to say, mental health, like physical health, is not a fixed thing, but is something which we may maintain under certain conditions.

Prevention Better Than Cure

More Work for Mothers

WHAT does this mean to the mothers? Obviously a new and even heavier responsibility.

Even as you read this article there are in the public schools of this country thousands of children who are destined to swell the population of institutions unless the mothers of the country learn how to protect mental as well as physical health. Some of these children undoubtedly belong to the mothers who read this magazine.

It is for you, therefore, to learn what are the causes that may make your child an inmate of a State hospital. It is for you to find out what you can do to help prevent these causes.

Every mother in the world ought to know that syphilis is the cause of general paralysis, the most fatal and most horrible of all mental diseases. Not every person who has syphilis becomes insane, but every person who runs the risk of contracting syphilis also runs the risk of a possible insanity years after, and every person who develops general paralysis has, at some time, had the germ of syphilis in his system. If your child is prevented from having a syphilitic infection, inherited or acquired, he is also prevented from developing general paralysis, which constitutes from ten to fifteen per cent. of all insanity among men.

Alcohol Is a Brain Poison

EVERY mother should know that alcohol is one of the greatest enemies of mental health.

From ten to fifteen per cent. of all insanity in this country is due to alcohol. Not every alcoholic individual develops insanity, it is true, but every person who uses alcohol steadily and moderately, or to excess, runs the risk of a mental disease. If your child learns to avoid the persistent or immoderate use of alcohol, he will never develop an al-

c o h o l i c insanity. Merely by controlling these two great causes twenty-five per cent. or more of all insanity can be absolutely prevented.

Over and above all this, the mother is responsible to an even greater degree for other kinds of mental diseases which grow up out of traits, tendencies, and attitudes that begin to develop even in childhood. Mental specialists agree that many of the chronic, incurable cases which fill the hospitals might never

have had a mental breakdown if their unhealthy tendencies could have been detected early enough and an attempt made to correct them.

The great hope of curing a mental disease, just as in the case of physical disease, lies in discovering it in the earliest stages. And the great hope of preventing these more difficult, complex and subtle mental diseases lies in

MOTHERS OF CHILDREN

DO you know that there are in the United States today more than 200,000 insane persons under care in institutions?

DO you realize that many of these 200,000 insane were once children of mothers like you?

DO you know that at least forty per cent. of these children might have grown up healthy, happy and useful citizens if we had known and used what we know now about the prevention of mental diseases?

Mothers—Look Out for Danger Signals

recognizing the abnormal tendencies before the disease actually begins. In tuberculosis you *prevent* its appearance in a predisposed patient by providing the best conditions before any signs of the disease itself appear, or you *cure* it after it has appeared by treating it before it has gotten much

fails to adjust easily and successfully, like the ordinary child, if he cannot get along at home or at school, or with other children, you may know there is something wrong. Make it your business to find out what that something is and what can be done to help the child to adapt himself more readily.

HERE ARE TEN COMMANDMENTS FOR YOUR CHILD'S MENTAL HEALTH

Give your child opportunity for a variety of wholesome activities and interests.

Train your child to work hard, but to avoid fatigue by alternation of work and rest.

Train your child to strict obedience in a few important matters and let him alone in regard to the unimportant things.

Avoid conditions that produce overstrain or precocity. The special business of a young child is to grow and to play with other children.

Protect your child from shocks. Do not frighten him yourself or let other people do so.

Train your child to avoid drugs and stimulants of all kinds.

Train your child to healthful habits of sleep in fresh air, giving opportunity for at least nine hours and more before the age of twelve.

If your child becomes worried and sleepless or has muscular twitchings consult a competent physician at once.

Take advice of a competent person concerning the peculiar, sensitive or nervous child, in order to correct a possibly bad inheritance by proper education and environment.

The best method of training is by example.

of a start. Mental diseases of this kind ought to be dealt with on just the same plan.

Is Your Child "Different"?

MOTHERS, we cannot ask you to be mental specialists, but we ask you to pay as much attention to your child's mind as you do to his body. Minds were made to help us adjust satisfactorily to things, people and situations. If for some reason your child

We are not saying that because your child is too shy, or too obstinate, or too moody, or too egotistic, or too hot-tempered to fit in his environment easily, he is surely going to develop a mental disease when he grows up, but we are saying that any trait in a child which tends to go to the extreme, so that the general balance is disturbed, is a danger signal and is as worthy of attention as a bad digestion.

(Continued on page 59)



THESE CANS MAKE IT CONVENIENT FOR CITIZENS TO HELP KEEP THEIR CITY CLEAN.

How a Great City Keeps House

An Interview With

Hon. J. T. FETHERSTON

Commissioner of Department of Street Cleaning, New York City

The ordinary housekeeper thinks she has her hands full in performing her rather burdensome duty of cleaning up every day after a family of five or six persons. A street cleaner of New York has to clean up after eighteen hundred people, forty horses, and twenty-one automobiles anywhere from three to five

times every single day in the week.

In an interview granted exclusively to the HOUSEWIVES LEAGUE MAGAZINE, Commissioner J. T. Fetherston, of the Department of Street Cleaning of New York City, tells how he, with the aid of his efficient force of helpers, "keeps house" for a great city.

THE business of street cleaning is exactly like house cleaning on a large scale, according to Commissioner Hon. J. T. Fetherston, the head of that remarkably efficient department of the great municipal system of New York City—the department whose duty it is to safeguard the health and happiness of New York's six million or more residents by making the streets of the metropolis a fit setting for its manifold activities.

Just as in the housekeeping business, each season has its own peculiar problems and duties, so in the business of keeping a city's streets clean, each season brings its own emergencies which must be faced.

In preparing for the coming summer season, one of the most pressing con-

siderations is the reducing and settling of the dust. In a great city like New York, this is a problem in itself and requires more thought and labor than an unthinking public would suspect.

One way in which New York City will attack this problem this summer will be to institute a "flushing campaign," in which it is planned to flush thoroughly the streets in a given district every night.

The general plan eventually is to flush every street every night, except on Sunday nights, when the men of the department have a night off. In a smaller place than New York this plan, of course, would prove more feasible.

In New York City a model district has been established which extends for thirty blocks one way and about eight long blocks another, in which will be



COVERED CARTS FOR COLLECTING REFUSE ARE EFFICIENT AIDS IN PREVENTING DUST FROM FLYING AND IN KEEPING THE CITY CLEAN.

put on trial a set of new dustless receptacles for refuse. In this district there are no horses used and the department is making special efforts for the elimination of dust and odors. Four motor-driven flushing machines flush the streets of this district day and night.

Heretofore this practice of flushing the streets has been confined to the traffic districts, particularly the crowded down town districts.

Make Every Day a Clean Up Day

THIS flushing, however, will only be possible with the co-operation of the citizens. They must stop littering the streets. The street cleaning department recently decided to co-operate with the newly organized "Anti-Litter League," which calls for the co-operation of all citizens.

If you have a piece of paper to throw away, throw it in one of the tin cans which the street cleaning department has placed all over the city for this purpose. The street cleaning department, by means of striking placards and posters placed on their cans and wagons bearing telling slogans, have popular-

ized this movement to clean up the city.

The whole problem of street cleaning would be three quarters solved if the citizens would co-operate in this general picking up of papers, boxes, wrappings, banana peels, etc., and it would all be done at less expenditure. And the city would be a more beautiful and more sanitary place in which to live.

The history of "Clean Up Week" indicates that this propaganda has lost much of its force. During the first "Clean Up Week" the department was completely swamped with extra work. The second "Clean Up Week" the city spent \$2,000 extra. Last year at the time of "Clean Up Week" there was no additional cost to the city.

While it may be desirable to have the public busy for a week on a specially concentrated effort of cleaning up, *EVERY DAY IS CLEAN UP DAY*, and every citizen should regard every day as clean up day.

Can Your Own Refuse!

MOST people do not appreciate or remember that the problem of dust is not an intermittent matter, but

Modern Methods of Street Cleaning

a constant affair," said Commissioner Fetherston. "We simply do the best we can to eliminate as much of it as possible. The flushing of the streets is, of course, the best way. In the city of New York, wherever there is a street opening or disturbance, we are not permitted to flush within a certain specified distance.

"Although there is necessarily a considerable amount of dust and dirt in the streets of any busy city, they look more untidy than is necessary because of the papers, peanut shells, etc., thrown about.

"The police department has charge of the enforcement of ordinances, and although it probably would never be necessary for them to make arrests, if you or I were warned, for instance, by a police officer when we were seen throwing a paper into the street instead of carrying it a few feet further and depositing it into a can (bearing, perhaps, as its motto the inscription, 'Aw, can that stuff!') we should not be nearly so prone to do it again very soon."

THE newest carts for collecting the refuse and garbage are covered with canvas. These covered carts, of course, are very efficient aids in preventing dust from flying and in keeping the city clean.

It would take six million dollars to motorize the street cleaning department of New York City. The work can be done better with machines than with horses. One machine does five times as much work as can be done with horses.

The men of the street cleaning force in New York each receive two weeks vacation during the summer months. Examination of the statistics concerning the death rate among the men of the street cleaning force will prove the wisdom and necessity for this. There will be smaller collections of ashes, of course, during the summer, and although the actual quantity of the garbage collected will be greater in size, there will be no extra collections necessary.

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TYPE OF WAGON FOR REFUSE RECENTLY INSTALLED FOR USE IN NEW YORK CITY
One of these machines does five times as much work in a day as was done formerly by horses

INTERESTING SIDELIGHTS ON

Our Impending Paper Famine

Extract of Paper Read Before the Technical Publicity Association of New York

By ROGER D. SMITH

EDITOR'S NOTE:—The shortage of paper, unprecedented in the history of the country, still threatens to overwhelm us.

In last month's issue of the HOUSEWIVES LEAGUE MAGAZINE members of the Housewives League were warned of the grave situation which confronts us as a nation and were shown wherein lies their own responsibility in relieving conditions.

The problem is a serious one and is being taken up by the leading industries in every line of activity and in every part of the country—for where is the walk of life which is not concerned, to some extent, at least, with the status of the paper supply of our country?

We are all dependent upon paper. Business cannot exist without it. It is an absolute necessity in the home. Our magazines, our books, our newspapers, the very wrappings which come about the purchases we bring home—these have all become necessities in the cultivated, progressive home. What are we going to do when the supply of these essentials ceases?

It is expected that each and every member of the Housewives League will inform herself by all means at her command as to the conditions surrounding our paper supply and then go to work with a will to coöperate with the movement instituted by the United States Department of Commerce, described in last month's issue of this magazine, to save the paper situation while there is yet time.

And not only are we—members of the League, leaders of women in all things which affect the home—to do our part in saving our waste paper and rags, but we are also to inform ourselves fully on the subject and pass along our information to others so that all will work together in averting what threatens to become a National calamity.



THE war, of course, is ultimately responsible for the condition in which we find ourselves at the present time, and bears upon the manufacture of paper from three principal angles:

First—The suspension or curtailment of the importation from Europe of raw materials heretofore depended upon by the paper mills—such as rags, pulp, colors, clay, casein, etc.

Second—Through diversion into the manufacture of munitions of certain raw materials supplied in the United States and used generally by the paper mills—

such as rags, bleach and other chemicals.

Third—Through a world-wide demand for paper from the United States; *i. e.*, the United States is practically the only country in the world to-day in position to make paper in any large quantity, and it is estimated that not more than ten per cent. of the export demand is being satisfied.

FUNDAMENTALLY, these are the three principal reasons for the present paper market.

Incidentally, there are a thousand and one reasons for advancement in the price of paper, as, for instance, general busi-

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THE NEW AND MYSTERIOUS DEEP-SEA DWELLER

Tilefish — A Dozen Recipes

PREPARED BY CHARLES DOUCOT

Chef of Hotel Victoria, Boston, Mass.



F the mishaps and disasters which befall the lowly dwellers of the sea we know but little, and the brief but tragic history of the tilefish therefore has a peculiar interest for us.

So far as is known, man had never seen this fish until 1879, when a large number of them were caught off the coast of Nantucket. Their sudden appearance created much interest, but before investigations were more than started to determine the location of the fishing grounds, the tilefish were suddenly practically exterminated by a mysterious disturbance along the edge of the coastal slope.

* * *

What killed the fish is not certain, but investigations indicate it may have been a sudden chilling of the water due to the receding of the Gulf Stream.

* * *

At any rate, it is a remarkable coincidence that some years afterwards, when the Gulf Stream again approached the coast, with a consequent warming of the waters, the tilefish suddenly reappeared in their old haunts and are now as numerous as ever.

* * *

The tilefish is a large, beautifully colored fish, of good flavor, and lends itself excellently to the various devices of the cook's art. A few recipes which are used by a well-known chef are here given.

* * *

FRY in two tablespoonfuls of olive oil two large onions chopped fine. Add to it four tomatoes cut in small pieces, one clove of garlic (crushed), a pinch of saffron, salt and pepper, one-half glass of water or fish stock, if any at hand. Place the fish, cut in pieces, in the saucepan on the fire and bring to a boil, allowing it to boil fast for fifteen

**Tilefish
Marseillaise**

to twenty minutes. Have the kettle covered tightly. Remove the fish and place on a platter on which you have some slices of French bread browned in the oven. Boil the liquid down a few minutes so it will not be watery, rectify the seasoning, and pour over the fish.

PLACE the fish in a saucepan lined with a few slices of fat salt pork, a little parsley or sliced onion, a clove, salt and pepper. Cover the fish to about half its height with equal parts of fish stock or water and white wine. Bring to a boil and place in the oven to cook slowly, basting frequently. In about twenty minutes remove the fish with a

**Tilefish
en Matelotte**

skimmer and keep it hot. Strain the liquid in a saucepan, add one-half glass of good claret, boil down a few minutes, and thicken with a small piece of kneaded butter or flour and butter mixed. Taste, rectify seasoning, pour over the fish and serve.

New Recipes for a New Sea Food

PLACE the fish in a baking dish, season well, and bake in the oven about twelve to fifteen minutes; then pour over it an Italiane sauce made by frying a chopped onion with a dozen

Baked Tilefish à l'Italienne

chopped mushrooms, one-half glass white wine, and a cup of brown sauce. Sprinkle fresh breadcrumbs over, add a little melted butter, and put back in the oven for about six or seven minutes, or until it is well browned on top. Serve in same dish.

CUT the fish in slices one-half inch thick, season well with salt and pepper, roll in flour and fry seven or eight minutes on each side in a shallow frying

Tilefish Sauté Meuniere

pan in which you have placed two ounces of butter. Remove and place on a hot platter, squeeze the juice of a lemon over it, add a little more butter in the pan, and when it stops foaming and is a light brown color, pour on the fish. Sprinkle with chopped parsley and serve very hot with quartered lemons.

* * *

HAVING cleaned and scaled the fish, cut it into five equal slices. Sprinkle with a little salt and pepper, dip it in olive oil and broil slowly over a clear charcoal fire for about seven to eight minutes on each side.

Broiled Tilefish Maitre d'Hotel

When nicely browned on both sides, place the fish on a hot platter and spread over it a maitre d'hotel butter made of two ounces of butter, a teaspoonful of chopped parsley, and the juice of a lemon. Serve with lemon and parsley as a garnish.

TAKE a piece of tilefish weighing about three pounds, cut it in five pieces, place in a kettle with an onion and a carrot, both sliced, one-fourth glass of vinegar, one tablespoonful of salt, a few grains of pepper, a bay leaf, a little thyme, one clove; cover with

Boiled Tilefish

water, bring to a boil, and keep boiling slowly for twenty minutes. Drain and place on platter. Serve with either a cream sauce or any other sauce, such as caper sauce, hollandaise, anchovies, etc.

* * *

CUT the fish in pieces, season well with salt and pepper, and roll in fine corn meal. Take about twelve slices of fat salt pork, fry in a shallow frying pan.

Fried Tilefish New England Style

When crisp remove the salt pork and keep hot. Place the fish in the pan and fry a nice brown on both sides, about seven to eight minutes to each side.

BOIL tilefish slowly for twenty minutes, drain, remove skin and bones, and break up in flakes; let get cold. Line

Tilefish Salad

a salad bowl with crisp leaves of lettuce and place fish in the center. Cover with a mayonnaise dressing and decorate with hard-boiled eggs, beets, capers, pickles, according to taste.

* * *

CUT the fish in filets, season well, and roll them in flour; dip in beaten eggs and roll in bread

Fried Filets of Tilefish Orly

crumbs. Fry in deep fat to a nice brown color. Drain and serve garnished with lemon and parsley; A sauceboat of tomato sauce on the side.

AFTER boiling the fish, drain, place in baking dish, pour over it a good cream sauce in which some parmesan cheese, has been mixed. Sprinkle with a little grated parmesan cheese, a little melted butter, and bake in hot oven.

Tilefish à la Mornay

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CREAM ROLLS



WHEN you go into a restaurant you invariably order dishes that you cannot easily provide at home or those made from a special recipe for which the restaurant is justly famous.

Lately there has been a revival of the demand for French pastry and chefs all over the country have been outdoing themselves in creating delicate pastry concoctions. But housewives who visit the League Headquarters, need not confine themselves to eating French pastry in restaurants, for at Headquarters an entire afternoon was given over recently to showing them how they can make the most elaborate cakes and tarts at home.

TO one pound of flour, add one pound of butter and about one and a half glasses of cold water. The amount of water varies with the consistency of your mixture.

It sounds very simple, does it not? And it is simple when carefully mixed,

RECIPE FOR PUFF PASTE

The Foundation for All Kinds of French Pastry

- 1 pound flour
- 1 pound butter
- 1½ cups cold water

French Pastry

"MADE IN AMERICA"

Demonstration at National Headquarters

By Chief of Hotel Martha Washington,
New York City

but you must not be discouraged if you have to try at least three times before you get the knack, for that is where the success of your pastry comes in. You can more easily get good results in winter than in summer.

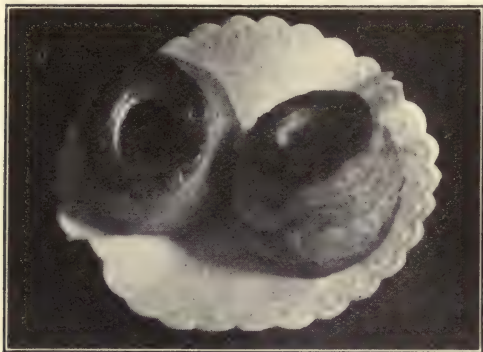
ROLL the butter in a muslin or cheese-cloth towel, then pound it flat with a rolling pin, beating it until it is soft enough to be moulded and squeezed with the hands.

When it reaches this stage, take it out of the towel and if you have a marble slab, so much the better. Place it on a mixing table and squeeze the water, containing the salt, all out of the butter. This must be done thoroughly.

When the butter is prepared, sift a pound of flour. Then make a circle about as big as a large, flat, baking tin on your wooden mixing board. The circle must be about five or six inches in height



FRUIT TARTS



PATTY SHELLS

and about as thick. (This circle resembles the crater of a volcano more than anything else.) Then take a little less than half of your butter and place it in the center of your circle. To this add very gradually a glass and a half of cold water, kneading the butter with your fingers into the flour, beginning at the inner edge of your circle and as you add the water, gradually absorbing the flour and butter, into one mixture.

After kneading this lightly for about three or four minutes, until it is smooth, place it in your ice box for about ten or fifteen minutes. In the hotel ice boxes the pastry can be properly cooled in about five minutes.

When the preparation has cooled place it again on your mixing board and roll it flat, not too thin. Then take the rest of the butter and spread it flat across the rolled out pastry, fold the pastry up over it and roll it lightly together.

The fold in the pastry is deftly made from an oblong shape into a square which is rolled out again into the original oblong shape. This rolling is very lightly done, and one should actually roll the pastry about four times.

You can tell at once if your pastry is cold enough by the appearance of the butter. Sometimes the butter comes through the flour in a kind of cream and then the pastry must be placed back in the ice chest at once and cooled further.

A little flour is added, not all of your pound being used in the original circle, as you roll out the mixture.

The process of rolling out the pastry and folding it up into a square must not be overdone and also must not be slighted.

The pastry is now ready to be put again into the ice box and after about twenty minutes is ready for use.

There are many excellent recipes for fillings in any American or foreign cook book which, if the pastry is right, will assure the success of your individual confections.

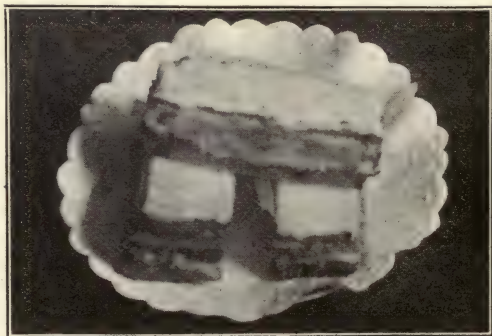
The folding of the pastry and the mixing of the flour, water and

butter must be done with light, quick, deft and strong touches.

Considerable experience is necessary before one can expect to acquire the knack of making puff paste easily.



FANCY CAKES AND ECLAIRS



NAPOLEONS

A SERIES OF SUCCESSES FOR MINNEAPOLIS HOUSEWIVES

By MRS. J. B. ROBINSON

President, Minneapolis Housewives League



MINNEAPOLIS housekeepers have begun to see more clearly that, if the family income is to be invested economically and the products of the domestic kitchen are to be healthful, there is need of organized activity outside of the home.

Honest weights and measures must be secured and a more intelligent system of purchase and delivery of goods developed; above all, materials coming into the kitchen from farm and factory must be scrupulously clean and of good quality.

These problems of the twentieth century housekeeper can be met only by regulation of conditions which once concerned the careful housewife very little.

"One Woman Power" Is No Power

BUT to regulate conditions controlled by manufacturers, dairymen, grocers and bakers, the housewives need to be as well organized as these merchants.

The latter have their associations which discuss conditions of production, set prices and secure favorable legislation. A single protest—"one-woman power"—against undesirable conditions can do nothing with these associations, but a wish merely expressed with fifty or one hundred "women-power" back of it has been known to work wonders.

Legislators in session in St. Paul gave us a chance soon after our organization, to test our power, for they introduced the "Blue Milk Bill."

This bill allowed the sale of milk in Minnesota with only 3 per cent. butter fat, instead of our present standard of $3\frac{1}{4}$ per cent., and was introduced "in the interests of Holstein cattle which do not give as rich milk as other cows." Nothing was said of the interests of the families using blue milk.

The legislators in concern for the Hol-

stein cow allowed the bill to pass the Senate, but the Minneapolis Housewives League, aided by the St. Paul and Duluth Leagues, entered politics at this point.

We called mass meetings, we had personal interviews, we sent petitions, we stirred up other women's clubs. The newspapers generously took up the campaign. The bill was dropped in committee without going to the House of Representatives for a vote.

Housewives' Battles

OUR first battle for good food was won. The next was easier and was won in the same way. Public opinion stirred up by the League prevented the passage of a bill authorizing the "doctoring" of dairy products with lime water. This it seems is a way of making salable unhealthful butter, cheese and milk which otherwise no one would find palatable enough to purchase.

We are told that another bill of similar nature was not even introduced; its fatherly protector, after watching the fate of the two earlier bills, refused to submit it to the tender mercies of the Housewives.

At the same time we were opposing a bill which, in the interest of "economy," abolished the State Department of Weights and Measures, gave its work to another department—also a much increased appropriation with which to do that work.

Minnesota's Clean-Up Movement

The Minnesota Commission of Weights and Measures is doing excellent work in protecting the purchaser from "short weight" troubles and the Housewives League did what it could to secure a proper appropriation for the work. The department kept its independence, but the appropriation, like many others last year, suffered reduction.

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HOUSEWIVES' SUMMER CAMPAIGN FOR CLEAN FLOUR



THIS is the season when housewives are planning for vacations and most of us are going to the country.

It is a splendid time to do a little missionary work in our "Clean Flour Campaign," and when you do your first ordering of supplies, whether from a metropolitan grocer or from a local dealer, put in an order for flour "in sanitary sacks."

As all brands are packed in paper sacks, and can be furnished upon request, it only rests with you to ask for it.

A simple matter, you'll say, but so many of our housewives forget to specify "paper bags," and then wonder why their grocer continues to send cloth bags.

A grocer who has been won over to seeing the Clean Flour Campaign from our point of view and is carrying all of his flour in rope paper sacks said that he had noticed the greatest difference in the amount of dust in his store since he handled paper bag flour.

Formerly, every time he moved a bag of flour, his counter would need dusting, but no amount of handling caused any flour to sift out of the new bags.

And so it will be in your own home, for not only is the flour better protected in nonporous paper than in porous cloth, but it is easier to keep your supply closet free from dust.

Everywhere we are meeting with success in our work, and the league has become a recognized power for good, along the lines of securing improved sanitary conditions in the handling of food products. But far more important than this recognition is the hearty and intelligent co-operation we are receiving from our women.

Don't forget to tell the grocer who is co-operating with us that you appreciate it and intend patronizing him because of his co-operation, and then do so.

Be consistent, and if you are urging special precautions in the care of foods, do your purchasing where those precautions are observed.

If our housewives do this, the day of "food fakir" will be in the past, and we will no longer need to "demand" pure foods, for they will be supplied us as a matter of course.

In the meantime, do insist on receiving your flour in sanitary paper bags and so help us in our efforts to bring about these ideal conditions.

DO WE HELP THE HOUSEWIFE?

I enjoy the HOUSEWIVES LEAGUE MAGAZINE every month at our library table, where it is taken, and enjoy especially the cooking lectures, which are so cleverly explained.

MRS. JOHN McDONNELL,
Washington, D. C.

Our magazine is fine—fine!

ADELE P. TAWNEY,
St. Paul, Minn.

The HOUSEWIVES LEAGUE MAGAZINE is "worth while," and I shall be glad to introduce it in many homes.

MRS. SAIDA P. HILL,
Indianapolis, Ind.

My best wishes are with you and the magazine, which increases in interest from month to month.

MRS. CLYDE PAGE,
Little Rock, Ark.



ONE WAY OF ATTACKING THE HIGH COST OF LIVING.

What Other Women Are Doing to Earn Pin Money



NEVER run a grocery bill. I find it more economical to pay cash. It benefits the merchant also in that he can pay cash for his supplies, and this enables him to sell cheaper.

If the housewife will try putting her penny change into a separate purse and count it when she returns home, she will be astonished at the amount she has saved.

I change my pennies into silver at the end of a week or two weeks. The amount thus saved will buy shoes and hats for the children of a family for a whole year. I have saved an average



HAVE become the owner of a forty-acre farm paid for out of the savings made from my household allowance. I have made a study of household affairs, particularly the arrangement of the meals.

A SUBSCRIBER.

of 75 cents a week. This amounts to the tidy sum of \$39 a year, an amount which assumes mountainous proportions when compared with the modest little sum out of which it has grown.

MRS. E. J. MAUSBACH,
Houston, Texas, Housewives League.

Condensed Milk in Cookery

MONEY-SAVING SUGGESTIONS FOR HOUSEWIVES

Eight Ways to Substitute Condensed Milk for Fresh

Tested and Approved By Experts



NOT every housewife realizes what a wealth of convenience and economy is locked up in the little can of condensed or evaporated milk which can be bought at the grocer's and kept on hand to meet an emergency when milk or cream is scarce and goodies have to be prepared on the instant.

The common belief is that, if one finds herself without a supply of fresh milk or cream, no fancy cooking can be done. As a matter of fact condensed milk can be substituted for fresh milk to make nearly every dish in which milk is used.

After one has become accustomed to substituting condensed milk for fresh, she will need no special recipes to tell her how to use it. She can adapt any recipe which she has been in the habit of following. But until she has gained the experience to judge for herself just how much condensed milk to use in a recipe and when it can be used to advantage, the housewife will find it easier, as well as safer, to follow a few simple rules as a guide to its use.

When condensed milk is tried in recipes which call for fresh milk, it should be diluted with equal parts of pure water to get the same consistency as ordinary milk. When cream is called for in the recipe it should be used without diluting.

In baking, condensed milk should be diluted with about two parts water to one part milk. In recipes calling for raw milk and butter, use a little less butter

and more condensed milk than the recipe demands.

Recipe for Cocoa

4 teaspoons cocoa
6 teaspoons sugar
3 cups boiling water
1 cup condensed milk
 $\frac{1}{4}$ teaspoon salt

MIX cocoa and sugar in cup. Have water boiling. Heat cocoa pot by allowing hot water to stand in it for a few minutes. Heat condensed milk by standing it in basin of hot water for five minutes or more. Pour a little boiling water into cup of cocoa and sugar to dissolve them. Pour into cocoa pot, add remainder of water *boiling* hot, then the hot milk and salt. Serve at once.

Recipe for Breakfast Ramekins

Meat
Condensed milk
Salt and pepper
Eggs
Butter

CHOP left over meat (beef, lamb, chicken), and moisten well with condensed milk and water diluted half and half. Season with salt and pepper (paprika if liked). Put a heaping tablespoonful into each well-buttered ramekin dish or cup. Drop an egg on top of each, sprinkle with salt and pepper, add a bit of butter, and bake in a moderate oven until white of egg is "set."

This makes a nice luncheon or breakfast dish, and may be served with cream sauce, creamed potatoes, or any other creamed vegetable.

How to Cook With Condensed Milk

Recipe for Pea Timbales

- 1 can peas or $\frac{1}{2}$ can pea pulp
- 3 eggs
- 1 cup condensed milk
- 1 cup water
- 1 teaspoon salt
- $\frac{1}{8}$ teaspoon white pepper
- Speck of cayenne
- Few drops of onion juice

RINSE peas and rub through a sieve. Add beaten eggs, milk and seasonings. Mix and pour into buttered individual molds. Set in shallow pan of hot water and bake in a medium oven until set. Turn out on deep platter and pour over two cups of thin white sauce, mixed with one cup peas. Garnish with parsley.

Recipe for Cream of Tomato Soup

- 1 can tomatoes
- 2 small onions
- 1 teaspoon salt
- 1 teaspoon sugar
- $\frac{1}{4}$ teaspoon pepper
- $\frac{1}{2}$ teaspoon soda
- Dash of cayenne pepper.
- Small sprig of celery or dash of celery salt.
- 1 cup condensed milk diluted with equal amount of water.

BOIL all but the condensed milk together for twenty minutes. Strain through a colander. Add the milk which has first been warmed, and then let the mixture come to a boiling point. Serve at once. Thicken with a little flour and butter rubbed together, if desired.

How to Whip Condensed Milk

PLACE one can of condensed milk in water and heat to boiling. Remove promptly and thoroughly chill by placing can on ice.

When cool, open can and pour milk (the entire contents of a small can, or half the contents of a large can) into chilled bowl, placed in another bowl filled with cracked ice.

After milk has become thoroughly chilled, whip in regular way with ordinary egg beater for about five minutes. Sweeten and flavor if desired. Keep on ice until served.

Condensed milk will whip satisfactorily without heating, but better results

are assured when above directions are followed closely.

Recipe for Frozen Pudding

- 2 large cans condensed milk
- 2 cups water
- 4 eggs
- 2 cups sugar
- 2 teaspoons vanilla
- $\frac{1}{4}$ teaspoon salt

HEAT one can condensed milk and the water in a double boiler. Beat eggs and sugar and pour into heated milk; mix well and pour into double boiler, stirring constantly, until the mixture thickens on the spoon like cream. Remove from fire, cool, add vanilla, and another can of condensed milk. Pour into freezer and freeze.

Recipe for Ginger Bread

- 2 cups flour
- $\frac{1}{2}$ teaspoon soda
- 1 teaspoon ginger
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{8}$ teaspoon salt
- 1 tablespoon lard
- $\frac{1}{2}$ cup sugar
- 1 egg
- 2 tablespoons condensed milk
- 6 tablespoons water
- $\frac{1}{2}$ cup molasses

FIRST sift flour and then measure two cups. Add soda, ginger, cinnamon and salt to flour, and sift twice. Cream the lard and sugar, and add the well-beaten egg. Beat this mixture thoroughly. Mix the molasses with the diluted condensed milk and add alternately with the flour, a little at a time.

Recipe for Apricot Cream

- 1 pound dried apricots
- 1 cup sugar
- 2 cups whipped condensed milk

WASH apricots and soak for several hours, or over night in two cups water. Pour off the water into a saucepan, add the sugar, and cook for five minutes, or until a thick syrup is formed. Pour this syrup over the apricots, cool and put through a sieve, using only enough syrup to make a soft pulp with the fruit. Add to the whipped condensed milk and serve very cold.

Houston League Stirs Up Lively Interest



THE latch string is always on the outside to any woman who may be interested in coming to the meetings at the headquarters of the Houston Housewives League.

Among the many interesting and useful features carried on by this branch of the League is the bulletin board where a list of commodities with comparative prices is kept posted. At each meeting of the League a group of animated women may be seen about this bulletin board discussing prevalent prices and comparing notes on bargains, or otherwise, which have come within their experience.

The comparative scale of prices thus posted on the bulletin board is of practical service to the members in determining what they should pay for certain articles and where they may be obtained.

In other words, the members of the Houston League are comparing notes and buying to the best advantage.

A vigorous protest has been made by the League against the unwholesome habit of handling food by shoppers, instances of which have been recently observed.

This "hands off" slogan had part in the League's campaign of last year. It was especially agitated among the junior members who took it up and did some good work among their school-mates.

A number of farmers in the vicinity of Houston have signified a desire to form some plan for the direct disposal

of their products and have asked the aid of the League in inaugurating such a service.

A recent demonstration at one of the meetings of our League excited an unusual amount of interest. The distinction between uncooked and cooked salad dressing was explained and many who were present at the demonstration expressed their surprise at learning for the first time that the real mayonnaise is never cooked.

Mayonnaise salad dressing was prepared by the demonstrator and was pronounced perfect by the housewives who sampled it. The recipe is as follows:

Yolks of two eggs
 $\frac{1}{2}$ teaspoonful dry mustard
 $1\frac{3}{4}$ cups olive oil
Juice of 1 small lemon
Salt
Pepper

The olive oil must be poured in gradually during the beating process, otherwise it will form a liquid, and be a failure. After beating the mixture well add one teaspoonful salt and a dash of paprika, mixing well.

To this foundation, if it is desired to make a caper sauce, apply a small quantity of capers, half a dill pickle, two olives, a little onion juice, dash of tabasco sauce, half a teaspoonful Worcestershire sauce, and half a teaspoonful mustard. The ingredients must be cut fine and well mixed in the mayonnaise dressing. This is delicious when served on any salad, especially potato or shrimp.

MRS. BEDFORD COOP,
President Houston Housewives League.

MEMBERS OF NATIONAL HOUSEWIVES LEAGUE—

SEND reports of your activities and your meetings to your National President at the Headquarters of the League, that they may be published in the official organ of the League. Every branch of this great League is vitally interested in what every other branch is doing.

For
the

June
Bride



AN EFFECTIVE
ARRANGEMENT OF
ROSES AND ORANGE
BLOSSOMS IN
FLOWER-GIRL'S
BASKET.

THE ROSES
AND WIDE
SATIN RIBBON
ARE WHITE AND
THE BASKET IS TINTED
A PALE YELLOW.

The Wedding Breakfast

Unhulled Strawberries on Pineapple
Slices

* * *

Chicken Bouillon

* * *

Creamed Sweetbreads en Coquille
Buttered Biscuits Asparagus Tips

* * *

Romaine Salad with Cottage Cheese
Croquettes

* * *

Ice Cream in Flower Forms
Wedding Cake

* * *

Coffee

The Wedding Cake

1½ cups shortening
3 cups dark brown sugar
6 eggs
1 pound seeded raisins
1 pound currants
½ cup New Orleans molasses
½ cup sour milk
½ nutmeg grated
1 tablespoon ground cinnamon
1 teaspoon cloves
1 teaspoon ground mace
1 wine glass brandy
1 level teaspoon soda
4 cups sifted flour

Stir the shortening and sugar to a cream, add the spices, the molasses and the sour milk. Mix well and then add the beaten yolks, then the brandy. Stir thoroughly. Next add the flour alternately with the beaten whites. Lastly, dissolve the soda in water and stir in thoroughly. Mix the fruit together and dredge it with flour and stir it in the cake. Divide it in two parts and bake about four hours.

Common Sense Applied to Hair Remedies

THE reams of paper that are used up in articles in the daily papers—and weekly and monthly papers—on beauty culture are conclusive evidence that it is as natural for man to desire to beautify the person as it is “to indulge in the illusions of hope.”

A sound mind in a sound body suffices the serious-minded minority, but apparently the innumerable majority, if they had their way, would have a comely body and take their chances on any old kind of a mind, on the principle that it is better to be good-looking than wise, because more people have sight than understanding. To decorate and beautify the body is an inborn passion; the savage does it differently from us, but when it comes to the many manipulations and remedies that are recommended for avoiding wrinkles, giving the eyebrows an aristocratic arch, coaxing the lashes to be long and languorous, making the ears pink and small or the nose straight and thin, removing a double chin or taking the core out of the Adam's apple, we have nothing on our uncivilized and supposedly more ignorant brothers.

The hair, in particular, is the object of all mankind's cosmetic endeavors. When it comes to civilized man he is universally engaged in trying to save what he has left or regrow what he has lost. Women, with few exceptions, do not become bald, but all women, in their opinions, are threatened with that unspeakable calamity; men not only may get bald, but a large number of them are already so.

And thus the popular remedies for the hair need almost a surgeon-general's catalogue. Vibratory and electrical treatments, hair tonics that feed the hair roots, as though they grew out of the scalp like broom sedge out of an old field, neatsfoot oil and crude kerosene,

massage and mange cures, all have their futile trials.

Among these our particular topic now is singeing the hair. This is recommended to overcome splitting at the end and to prevent falling of the hair, the reason for the latter being that it “closes the pores and keeps the fluid in the hair.”

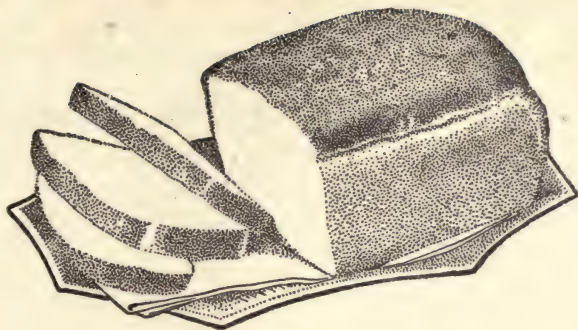
With the long hair of a woman, which has a tendency to split at the ends, it is possible that singeing the tips may be of some use; it substitutes a charred, blunt end of fused horn for one tapering to a point or cut clean across. But even in cases of this sort it is less useful than greasing lightly the hair ends thus supplying the fat which is lacking in such hair.

For the hair of men, which is kept short, singeing is not of any use in preventing splitting; hair which is not allowed to grow to its natural length does not split, unless it has a deep-seated disturbance for which there is no such simple remedy.

Of course, singeing the hair ends in order to prevent the fluid in the hair from escaping, like sap from a tree, is based on an entire misconception of the hair's structure and nutrition. The hair does not contain any more sap than a buggy whip; it is not nourished by any fluid in it, but by the blood plasma, that reaches only the hair roots. The hair above the skin surface is a spine of horn, which is even oiled from without, and singeing its tips has no effect whatever on either its nourishment or its growth.

It is certain, according to *The Journal of the American Medical Association*, that singeing the hair is of no value in preventing its fall; in fact, the only value the procedure has is to the zealous hair-dresser who gets his little fee for doing it—unless it is worth a quarter to the seeker after hair to think he is doing something—even if he is not.

*How to make the
kind of bread your
mother used to
make—*



*—and make it
more quickly and
easily than she
dreamed possible.*

Good Old-Fashioned Home Made Bread

Demonstration at Headquarters

By EMMA BOSSONG

Domestic Scientist to National Housewives League



HE making of good bread is an art which bids fair to vanish utterly in a short time from the housewife's list of accomplishments. Notwithstanding the fact that improved methods and time and labor-saving devices are being constantly brought to the housewife's attention, the ease with which good bread can be obtained from the baker's is making the home-made product seem less and less desirable and worth the trouble in the eyes of many women.

It has become a habit among many people to regard the making of bread as a prodigious task which only the most energetic and ambitious woman has the courage to undertake.

However, the task of bread making these days is by no means the tedious process it used to be in the days of our grandmothers. In the old days our grandmothers thought they must allow the bread to stand for many hours in order to make it light, and it was customary to set the bread at night and let it rise till morning.

Today, the housewife who knows the principles upon which the rising of bread

rests, can finish the whole process in five or six hours from the time she first mixes the sponge to the taking of the baked loaf from the oven. This is done by providing just the right amount of warmth, moisture and food for the yeast, which, under favorable conditions, multiplies very rapidly and feeds upon the sugar which it derives from the flour. During the process an alcoholic fermentation is started which results in the formation of a gas. It is this gas which expands when the dough gets warm and thus makes the dough light.

The whole secret of making bread quickly consists in providing suitable conditions for the growth of yeast. These conditions are a luke-warm degree of heat, flour, from which the yeast extracts sugar, and a thin enough mixture to allow its growth. Sugar is often added to the bread mixture to accelerate the action of the yeast, although it is not necessary.

Why Bread Is Kneaded

BREAD is kneaded for two purposes—to improve its flavor and to make it fine of texture. Kneading influences the flavor by breaking the gas bubbles in the

The Secret of Good Bread

dough, thus making the flavor richer and sweeter. The kneading process also serves to make the gluten in the flour more elastic and gives the bread a finer grain.

It used to be the custom to knead and knead the dough in order to make it soft and light, some cooks insisting that ten or fifteen minutes' kneading was necessary to give the bread the proper texture, but very good bread can be made with little kneading, three minutes being all that is necessary. After it has been kneaded the bread is set aside for a while in a warm place to rise.

How to Prevent "Sour Dough"

THE rising of bread means simply that the yeast is allowed to feed upon the sugar in the flour and to produce a gas which expands and makes the whole mass of dough rise. When the dough has risen to about twice its original size, it is usually ready to bake, or to knead again if an especially fine grain is desired.

If the dough is allowed to stand too long and too much gas is produced, the result is what we term "sour dough."

When dough becomes very light, souring can be prevented either by putting the bread immediately into the oven or by kneading it down again.

It is not always convenient for the housewife to put her bread into the oven as soon as it becomes light. But it can be left another hour without danger of souring if it is taken out of the pan and the gas bubbles kneaded out. Dough can be worked down any number of times in this manner and kept until it is convenient to bake.

If you have only a short time in which to make bread, the process can be hurried by adding more yeast. On the other hand, if you want to set your bread to rise, and then go off for a while and forget all about it, use less yeast. This retards the rising. Dough that is set over night should contain less yeast as there is a danger of its becoming too

light and souring before it can be attended to in the morning.

If flavoring, eggs, sugar, extra shortening and the like are added to a bread mixture, the rising is retarded. In such a case either add more yeast or allow more time for the dough to rise, than for plain bread dough.

Handle Dough Deftly and Quickly

MANY people spoil the consistency of bread by trying to work in too much flour. The ideal texture for bread is close and firm without being heavy. This is obtained by kneading deftly and quickly and using only as much flour as is necessary—just enough, in fact, to prevent the dough from sticking to the board.

The dough has been sufficiently kneaded when it is soft and elastic to the touch and the bubbles are evenly distributed throughout the mass.

The kneading accomplished, the dough is placed in a greased bowl in a warm place to rise till twice its size. If the top of the dough is greased over lightly before being set to rise, this prevents the surface from drying and forming a crust.

When the dough has become very light it is removed from the bowl, kneaded again and shaped into loaves or rolls. It is then placed in greased baking pans and set aside again to rise to twice its size. It is then ready for the oven.

The Baking

ALL yeast mixtures need a lower heat for baking than the so-called "quick breads," or baking-powder mixtures.

Best results are obtained by having the oven very hot at first, so that the loaf browns in fifteen or twenty minutes. Then reduce the heat and finish the baking more slowly. The ordinary sized loaf needs to bake from forty-five minutes to one hour. It is best to allow a little more time rather than less, for underdone bread is indigestible, heavy and lacks richness of flavor.

Recipes Which Cannot Fail

Recipe for Parker House Rolls

- 1 cup hot milk
- 1 tablespoon butter
- 2 tablespoons sugar
- 1 cake yeast
- 1 teaspoon salt
- 2 to 3 cups flour

Mix and set to rise as in bread mixture. When light knead and roll out into a sheet about one-third of an inch thick. Cut into shapes with the biscuit cutter. Crease the center of each shape with the handle of a knife and spread half of each piece with melted butter. Fold over and press edges together. Place the rolls in greased baking tins,



cover and let rise till light. Brush over the top with egg or milk or melted butter to glaze. Bake in a hot oven from twelve to fifteen minutes.

Recipe for Raisin Bread

Dissolve yeast and one tablespoonful sugar in lukewarm liquid, add two

to make a moderately soft dough, and the salt. Knead lightly. Place in well-

- 1 cake yeast
- 1 cup lukewarm water
- 1 cup milk, scalded and cooled
- 1 tablespoon sugar



- 6 cups sifted flour
- 4 tablespoons lard or butter
- $\frac{3}{4}$ cup sugar
- $\frac{3}{4}$ cup raisins
- 1 teaspoon salt

cups of flour, the lard or butter and sugar well creamed, and beat until smooth. Cover and set aside to rise in a warm place, free from draft, until light—about one and one-half hours. When well risen, add raisins well floured, the rest of the flour, or enough

greased bowl, cover and let rise again until double in bulk—about one and one-half hours. Mould into loaves, fill well-greased pans half full, cover and let rise until light—about one hour. Glaze with egg diluted with water, and bake forty-five minutes.

Recipe for Wheat Muffins

Mix ingredients in order given. Cover



and set aside in warm place for about one hour. When risen, fill well-greased muffin tins half full. Cover and let rise again for about half an hour. Bake twenty minutes in a hot oven. They should be eaten immediately.

- 1 cake yeast
- 1 cup milk, scalded and cooled
- $\frac{1}{4}$ cup lukewarm water
- 2 tablespoons sugar
- 2 tablespoons lard or butter, melted
- 2 eggs
- 2 cups sifted flour
- $\frac{1}{2}$ teaspoon salt

Bread Making Made Easy

Recipe for Bread

1 cup milk
1 cup hot water
1 cake compressed yeast
1 teaspoon sugar
1 teaspoon salt
1 teaspoon shortening
About $3\frac{1}{2}$ cups flour

Crush the yeast in small pieces, add the sugar and dissolve in a little lukewarm water.

Heat water boiling hot and pour into milk. When this is lukewarm add dissolved yeast. Add salt and shortening. Then add one and a half cups of flour and beat until light and full of air bubbles. About three minutes beating will accomplish this result. Then add more flour gradually until the mixture is stiff enough to knead. Knead lightly and quickly until dough is elastic and full of bubbles. Place in a greased bowl, brush over surface with butter or oil, cover and let stand in a warm place until twice its size.

Turn dough onto a floured board. Shape into loaves, place in greased baking pan and let rise till twice its size. Bake in a hot oven from forty-five minutes to one hour. When done, brush over the top with melted butter or a little milk to glaze the surface.

Rolls are made from the same dough from which the loaves are made and subjected to the same process, the only difference being in the time necessary for the second rising. The rolls become light much more quickly than the loaves and can therefore be hurried through faster. Rolls need from fifteen to twenty minutes baking.

Various kinds of rolls and fancy breads can be made by using the plain bread mixer as a foundation and adding other ingredients. In general, the more shortening, eggs or other flavorings added to the dough, the more time is required for the rising.

Recipe for Nut Bread

1 cake yeast
1 cup milk, scalded and cooled
1 tablespoon sugar
3 cups sifted flour
 $\frac{1}{3}$ cup sugar
2 tablespoons lard or butter
White of one egg
 $\frac{3}{4}$ cup chopped walnuts
 $\frac{1}{2}$ teaspoon salt

Dissolve yeast and one tablespoonful sugar in lukewarm milk, add one and one-fourth cups flour and beat thoroughly. Cover and set aside in warm place fifty minutes, or until light. Add sugar and lard or butter, creamed, white of egg, beaten stiff, nuts, remainder of flour, or enough to make a dough; and the salt. Knead well. Place in greased bowl. Cover and set aside for about two and one-half hours to rise, or until double in bulk. Mould into a loaf or small finger rolls, and place in well-greased pans. Protect from draft and let rise again until light—about one hour. Loaf should bake forty-five minutes, finger rolls six to eight minutes. This recipe will make one medium-sized loaf, or one dozen rolls.

How to Make Honey Buns

These are made by rolling dough thin, spreading with butter and rolling into a tight roll, like a jelly roll. When the buns are nearly baked, strained honey is poured over them and they are put back into the oven to glaze. Use recipe for Parker House rolls for this.

Recipe for Crumbs for Coffee Bread

1 cup butter
2 cups sugar
3 cups flour
2 dashes cinnamon

Blend the ingredients together thoroughly till the mixture sticks together in a ball. Then crumble with fingers over the surface of the coffee bread. Use recipe for Parker House rolls for coffee cake.

(Continued on page 50)

Lessons in Cooking

These Lectures Are Given Daily at the National Headquarters of the Housewives League in New York by the Leading Experts

Under Supervision of MISS EDITH DESHLER

National Vice-President Housewives League

The Cooking School at the National Headquarters of the Housewives League is giving instruction this year in the various problems of the culinary art. Many new and valuable recipes appear

each month in these pages. The lessons under Miss Emma Bosson, an expert in domestic science, are exceedingly valuable to every housewife. They cover every phase of home cookery.

HOW TO MAKE DELICIOUS SOUPS AND CHOWDERS

Recipe for Plain Tomato Soup

- 1 quart or 1 can tomatoes
- 3 cups water
- 1 slice onion
- 4 cloves
- $\frac{1}{8}$ teaspoon celery salt
- 1 teaspoon salt
- 1 teaspoon sugar
- $\frac{1}{8}$ teaspoon pepper
- 3 tablespoons butter
- 3 level tablespoons cornstarch

Boil water, tomatoes, onion and cloves together for 20 minutes. Strain, then add the cornstarch dissolved in a little cold water and the butter, sugar and seasoning. Boil a few minutes longer. If cornstarch is used, it makes the soup clearer than when flour is used.

Recipe for Cream of Tomato Soup

- 1 quart or 1 can of tomatoes
- 1 onion
- 1 bay leaf
- $\frac{1}{2}$ tablespoon salt
- $\frac{1}{8}$ teaspoon pepper
- $\frac{1}{8}$ teaspoon baking soda
- 2 tablespoons flour
- 2 tablespoons butter
- 1 pint milk
- 1 pint water

Put tomatoes, onion, bayleaf, salt, pepper, soda and the water to boil for 15 minutes. Rub through a wire strainer to remove skin and seeds. Mix the flour and butter together, add a cup of milk, stir constantly till it thickens, then add the rest of the milk. Pour the strained tomato gradually into the thickened milk stirring all the time. Do not cook it after mixing the tomato and milk or it may curdle.

Recipe for Cream of Potato Soup

- 3 medium sized potatoes
- 1 onion
- 1 stalk celery, or teaspoon celery salt
- 1 teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- 3 cups boiling water
- 2 cups milk
- 2 tablespoons butter
- 2 tablespoons flour
- 1 tablespoon chopped parsley

Pare, cut and wash the potatoes. Put them to boil with the three cups of boiling water, salt, onion and celery. When the potatoes are soft, press them through a vegetable press, water and all. Mix the flour and butter together in a saucepan. Add half of the milk and stir constantly till it thickens. Then add the rest of the milk and the strained potatoes. Bring this to boiling point, add the chopped parsley and serve.

Recipe for Vegetable Chowder

- 1 leek
- 1 onion
- 1 stalk celery
- 1 sprig parsley
- 2 carrots
- 2 potatoes
- 2 tomatoes
- 3 slices of bacon
- 4 crackers
- 2 quarts water
- 1 tablespoon salt
- $\frac{1}{8}$ teaspoon pepper
- $\frac{1}{8}$ teaspoon celery salt

Cut all the vegetables in very small pieces, wash and drain them. Put them to boil with the water, salt, pepper and celery salt. Boil slowly from one to two hours. Cut the bacon in very small

Recipes from the League's Kitchen

pieces, fry a light brown and add fat and pieces to the chowder. Roll the crackers and add them. Allow this to boil 15 minutes longer. Water in which fish has been boiled or the head of a fish boiled in the chowder will improve the flavor.

Five cents worth of soup vegetables will make this chowder. Any other kind of vegetables may be added.

Bisque of Crab

- 1 pint crab flakes or
- 6 hard shell crabs
- 2 tablespoons flour
- 3 tablespoons oil or butter
- 1 quart milk
- 1 tablespoon onion juice
- 1 tablespoon chopped parsley
- 1 tablespoon tomato catsup
- 10 drops tabasco sauce
- 1 teaspoon salt

Put the oil or butter in saucepan and add the flour. Mix; add the milk and stir until boiling. Add all the seasonings and the crab meat; reheat carefully, but do not boil. Serve at once.

Cream of Corn Soup

- 1 can or 1 pint corn
- 2 tablespoons oil or butter
- 2 tablespoons flour
- 1 pint cold water
- 1 quart milk
- 1 egg

- 1 slice onion
- 1 bay leaf
- 1 teaspoon salt
- Dash cayenne

Put the onion, bay leaf, corn and water into a saucepan; cook twenty minutes; add the flour and oil or butter rubbed together, stir until boiling and add the salt and cayenne. Strain in a colander, pressing as much through as possible. Add milk. Reheat and pour it over the egg, well beaten, in the tureen. Serve at once.

Cream of Chicken Soup

- Carcass from 1 roasted chicken
- 4 tablespoons oil or butter
- 2 tablespoons flour
- 1 cupful chopped celery tops
- ½ cupful rice
- 1 pint milk
- 1 quart water
- 1 small onion
- 1 teaspoon salt
- 1 saltspoon black pepper
- Dash cayenne

Crack the carcass; put it into a kettle with the water, onion, celery and rice; cover and cook thirty minutes. Strain, pressing the rice through a sieve; return it to the kettle, add the oil or butter and flour rubbed together, the salt, pepper, and cayenne and stir until boiling. When hot, add the milk, heated, and serve.

TWO DELICIOUS AND UNUSUAL RECIPES

Recipe for Marshmallow Gingerbread

- ½ cup shortening
- 1 cup molasses
- 1 egg
- 2⅓ cups flour
- 1¾ teaspoons soda
- 1 teaspoon salt
- 1 teaspoon ginger
- 1 cup sour milk
- Marshmallows

Melt the shortening and add molasses, egg, well beaten, flour mixed and sifted with soda, salt, ginger and sour milk. Bake in a moderate oven. When done cut in halves, crosswise, and put marshmallows between layers. Put in oven

a few minutes. Remove to serving dish, cool slightly, cut in squares and serve with whipped cream, sweetened and flavored with vanilla.

Recipe for Apple Sauce Cake

One and one-half cups apple sauce, one-half cup shortening, one cup sugar; one cup raisins, two teaspoons soda dissolved in two tablespoons hot water, two and one-half cups flour, one heaping teaspoon cinnamon, one-half teaspoon ground cloves. Mix ingredients. Put in buttered pan and bake.

New and Delicious Fish Recipes

FRESH HALIBUT EN CASSEROLE

TAKE a piece of fresh halibut of the desired weight, wipe it with a cloth wrung out in hot water. Many cooks spoil fresh fish by allowing it to lie in water. This is a mistake.

Halibut should be scaled, washed, wiped dry and put in a cool place until ready to cook. Cut it into pieces a few inches square, roll each piece over in flour. Lay a few pieces of salt pork or bacon on the bottom of the dripping pan. Now put the pieces of fish together, so they will assume their original shape. Dust with salt and pepper and put in a hot oven.

In ten minutes add one pint of water and bake until the fish is done, about forty-five minutes.

Half an hour before serving, put one tablespoonful of butter in a skillet, cut one onion into small pieces and fry a

light brown. Add half a can of tomatoes, salt, pepper and a little chilli powder. Cook fifteen minutes, slowly.

Now take the fish from the oven, turn the tomato sauce over it, return to the oven and cook fifteen minutes.

It is a good idea to cook the fish in an earthen dish, in which it may be served. If there is some fish left it will make a fine dish for lunch next day. Pick it in pieces, remove all bones and skin. Make a sauce of one tablespoonful of butter, one tablespoonful of flour, one pint of milk, salt and pepper. Butter a casserole or baking dish. Put in a layer of fish, then a layer of the sauce, then one of the fish and continue until the dish is full.

Sprinkle bread crumbs over the top, then a layer of grated cheese, dot with bits of butter and bake thirty-five minutes.

FILET OF SOLE—OUR MOST DELICATE FISH VIAND

FILET of sole is perhaps the most delicate fish viand that comes to our table.

But be sure to buy "filet of sole." An observing correspondent in the *Consumers' Review*, tells of having stood in the market and heard women ask for "filet of sole." The fish man would lift a "baby" halibut, weighing seven or eight pounds, by the tail, dexterously remove the skin and bones, split it lengthwise

into pieces and sell it for thirty cents a pound.

Sole, proper, is a small fish seldom weighing more than one and a half or two pounds. It is very delicate and should be fried a golden brown and served with tartar sauce, which is only mayonnaise with a few olives, gherkins, sour pickles and capers, chopped fine and added just before sending the fish to the table.

SMOKED ALASKA COD—McALPIN STYLE

SLICE smoked cod in half-inch slices.

Butter an oval gratin pan, one and one-half inches deep. Lay in it the slices of smoked codfish, cover with a layer of minced potatoes and season with salt and pepper and paprika. Fill the dish up with light cream, put in the oven and bake for twenty-five minutes.

A FISH whose merits are much overlooked is the black cod.

The salt black cod is a great delicacy for those who prefer salt fish. It should be soaked at least forty-eight hours, as it is quite salty. Then boil about half an hour and serve with drawn butter sauce.

THINGS EVERYBODY NEEDS TO KNOW

HOW TO SET BONES—HOW TO PREVENT ILLS

Lecture at Headquarters by J. Marsh Soper, M. D.

One of a Series on First Aid to the Injured.



IN these days of racing automobiles and overcrowded thoroughfares, it plainly behooves everybody to learn something about the first services which may be rendered in aiding the victim of an accident.

In order to approach this problem intelligently it is evident that one should first have an acquaintance with the essential facts about the construction of the body.

When one buys a piece of machinery—be it automobile, bicycle or sewing machine—it is essential that he understand all about its structure, how it is put together and how it runs, so that when it gets out of order he may know how to repair it.

So it is with the human body. We cannot expect to understand how to treat disorders of the body unless we have at least an elemental knowledge of its construction.

Bone is the essential part of the body. It is the foundation upon which the rest of the body structure is built, whether human or animal. Unless the bones are of the proper construction and denseness, the rest of the body becomes a failure and cannot function properly.

When they are of the proper consistency, bones are made up of component parts in the following proportion:

Gelatine and blood vessels, 33%; calcium phosphate, 57%; calcium carbonate, 8%; calcium fluoride, 1%; magnesium sulphate, 1%; total, 100%.

Of these constituents the calcium carbonate, or lime salts, and the gelatine are probably the most important.

The lime gives solidity to the bones, so that they can bear the weight of the body without breaking, while the gelatine lends elasticity, making the bones of the young pliable and able to bend

as occasion requires without breaking.

As we grow older the bones lose their large proportion of gelatine and become proportionately richer in lime.

The Bones and Their Uses

THE bones of the body group themselves into five distinct classes.

They are long or short, broad, flat or irregular, according to the use for which they are designed.

There are over two hundred bones in the body, but for the laymen a knowledge of only a few of them is necessary.

When, by a fall or a sudden collision, a bone becomes broken, the situation is generally referred to as a fracture.

When a person slips and feels himself falling, his instinct leads him to put out a hand to save himself, and he usually becomes rigid and falls heavily.

This is the very worst thing he could do. When one starts to fall he should relax as completely as possible and not try to save himself. By so doing he falls gently and sustains less injury than if he resisted the fall. If one puts out a hand to save himself there is a possibility of injuring the hand.

If some one has fallen hard enough to cause a fracture at some point, this is what to do: quickly send for a physician, with a brief account of what has happened. Immediately disperse the crowd, which always quickly gathers, by sending them for water, stimulants, splints, dressings, bandages, or whatever the emergency may require.

Remove the clothing from the injured limb very carefully and gently, ripping or cutting it off, if necessary.

How to Set a Broken Bone

MAKE the sufferer as comfortable as possible and wait for the arrival of the physician, or, if a physician is not

(Continued on page 54)



The Junior Girls Club

NEW ENLISTMENTS IN THE RANKS—MONEY-MAKING SCHEMES FOR SUMMER—RECIPES PREPARED ESPECIALLY FOR JUNIOR HOUSEWIVES—ABOUT OUR CAKE CONTEST



HE Junior Girls Club is making great progress. Just announced last month, the "Director" has already had some of the most interesting letters asking about the club, and she has a whole list of candidates for club membership, who have been told what the first step is toward joining, and she is now waiting expectantly to hear from all the other girls and young women in the United States and Canada who want to join this club and get started at once on the earning part of our slogan.

* * *

Here is an extract from one of the candidate's letters:

Dear Director—I have read your article in the magazine and I am writing to you for information.

MABLE S. C.,
Schenectady, N. Y.

And you may be sure that I wrote to her in the next mail!

WORKERS ARE WINNERS

THERE is a very big opening just now in every line of business for workers of all kinds—it is not the old cry of not being able to find work, but the cry of the employer, who wants to get someone who can do the work.

This club will help to make you ready to fill some of these positions outside the home as well as the position of housewife of the home. At the same time it will not interfere with your present activities.

Even the potential housewife should have some little outside vocational or business training. She should be able to turn her ability as a housewife into money for the time is apt to come when money is a necessity, even to those who least expect to face this.

Therefore, I want to help you girls to be prepared—and remember that every opportunity grasped and tried will help you. Write me now and join our club of happy workers.

SPEND LESS—SAVE MORE

THIS is the Platform Party number, and while our mothers are making a plea for better protection of the woman in the home, I want to urge you girls to be prepared to take advantage of this improved protection when it comes, and to take part in helping the political parties in keeping their standards high by raising your own standards.

* * *

Learn to be economical, for one thing. Can't you do without something? Try candy. The girls who are in the national service camp at Chevy Chase at Washington have as their slogan "no candy, no luxuries." It is a curious thing that when women start in military training and preparation for defending their country they can make sacrifices with ease.

Do it for the sake of your own good health and that bank account of yours right now. After all, how much better prepared you are if your health is ready for your nation!



How About that Bank Account?



ACH month I am going to try and give you some suggestion to follow that will help you to make extra money. Of course, as soon as you write to me and become a member of the club you will receive lots of special advice along this "earn" line, but I want you girls to see what you can do with this scheme.

ROSE JARS FOR SALE

THE shops are full of glass rose jars of all shapes and sizes. I want you to make the filling for a rose jar? The gardens will be full of roses this month and the sentimental interest there is in the creation of your own individual rose jar grows upon you as you work on it.

Our grandmothers always made rose jars, and it is a dainty addition to one's rooms that is charming.

If you are going to make money at this you want to start right away and go to some shop, either a drug store or a dry goods store, though even a grocery store would do if there were no other near you, and ask the merchant if he would display one of your jars and take orders for it.

If you cannot do it this way try and get orders among your friends, make your own jar first and then you will be able to show it. People are much more apt to buy things if they see a sample!

* * *

While you are waiting for your orders take some old, big jar that you have around the house and begin to make your filling at once in large quantities.

First of all, you must be sure that your big jar has a cover that will close

down tight. Fill the jar with sweet-scented rose petals and scatter through them some ordinary salt, table salt.

Keep the jar closed tight and when the petals have dried inside the jar the scent of the roses will cling to them still, so that every time the jar is opened a delicious fragrance will fill the air.

HOME-MADE PERFUMES

MANY people, in making rose jars, add a variety of spices, and by doing this you get a rich, Eastern odor that is deliciously delicate and brings to mind all sorts of memories and pictures.

Look over your mother's kitchen closet and if she has a cinnamon stick or two add them to your rose leaves. If she has only the powdered cinnamon, use that. Take some cloves and sprinkle them through the mixture, add a little allspice.

If you want to make it very elaborate, dry and powder some orange and lemon rinds and sprinkle the leaves with this mixture. Save your little purple violet blossom petals, too, and salt them down.

If you sprinkle a little bit of alcohol over the whole thing you will find that the perfume and color of the leaves are accentuated.

The little bits of purple add a very effective bit of coloring to the roses, especially when used in glass jars.

* * *

One thing that is really quite necessary to make a rich flavor with the roses is salts of lavender. You can buy a very little bit of it at a drug store and break it up and mix it with your compound. The smell of the lavender seems to bring out all the perfume of the roses to their best advantage.



Turn Your Abilities Into Money

WHILE you are pulling your rose leaves make some little linen bags of the rose's more humble companion, the sweet clover.

All you have to do is to dry the clover and you will find the fragrance cool and pleasant. Little sheer bags of thin muslin or tarleton or cheese cloth filled with the clover and tied with a cool green ribbon or a bit of pink, suggesting the pretty clover flower, make dainty summer gifts.

Old time lavender can be prepared the same way.

* * *

The city girl will be amazed at the ease with which she can collect rose leaves enough to at least make herself an individual jar, or better yet, one as a gift for some friend who is graduating or for some engagement present or wedding gift, or for some dear old lady who used to love to pick roses in her own garden a long time ago.

JUNIORS! DON'T FORGET THAT CAKE CONTEST

I AM hearing all sorts of things about the cake recipes. Write me soon, girls, that you are working, for I am sure that you will find some little way in which to improve a recipe, or else in your own mother's cook book there will be some recipe that is lots better than any other you ever heard of. I want to hear of it, too.

Miss Bossong, the domestic science expert at headquarters; Miss Barrows, the editor of our magazine, and Ruth Jones, the director of our Junior Girls' Club will act as judges for the recipe contest. You have a few weeks in which to send me your recipes, because, in order to get in the July magazine, they must be in the office on the seventh of June.

So hurry up, girls.

ARE YOU ATHLETIC? TURN IT INTO COIN

WITH the beginning of summer a large proportion of you club girls are turning your attention to sports. The American girl is noted for being an athletic girl. It is something of which she should rightly be very proud. But if you are going to play tennis or golf or swim, please, dear club

girls, do what you do in the right way and to the best of your ability.

* * *

Here is another money-earning suggestion! For several years hotels have hired young women as dancing teachers. If you are an expert swimmer try

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For the Girl Who Graduates



It is Commencement time, girls, and all over the country the one big question that is agitating grammar school, high school and college students alike is "how shall we make our commencement dresses?"

For some years past the Washington Irving High School in New York City, probably the largest high school for girls in our country, has made a specialty of solving this problem. "Cheap dresses, yet pretty dresses" has been their cry! With between four and five hundred girls graduated every June you can see for yourself that from here is the place to get suggestions how to plan your commencement dress.

As in past years, the graduating classes this year have turned the problem over to the department in the school which is most thoroughly prepared to handle it, the dressmaking department.

YOUR COMMENCEMENT DRESS

THIS year the dressmaking department decided not to limit the girls in the cost of their commencement dresses as they have done in previous years. Most of the girls make their own dresses but some are too busy and so their mothers help them. There are a few who have dressmakers, but the average girl graduate takes too much pride in her own commencement dress to let it go far out of her hands.

Simple dresses, of some white cotton fabric, American made, are the standards set. The material may cost as much as eighteen cents a yard, but it may not cost more than fifty cents a yard.

It is understood among the girls that they will wear no flowers and receive no flowers at the school, and there will be little talk of commencement gifts.

THE dressmaking department has supplied about two hundred samples of white cotton goods, varieties of dotted swiss, voiles, in stripes and crossbar and plaids, as well as plain organdies, dimities, net; and these, with their prices and where they may be purchased, are hung in the dressmaking room where girls gather and choose their materials.

Many of the prospective graduates are combining the organdie, for instance, with a cross-bar voile with artistic and striking effects.

The dressmaking department has also provided about a hundred sketches of simple and pretty ways of making the gowns. These, too, are hung in the dressmaking department and a group of girls may be seen at any time, crowded around this bulletin board. From time to time the girls of the art department add original sketches that attract considerable attention.

SIMPLE, DAINTY, EFFECTIVE

SEVERAL models have been made by students in the dressmaking department, so that the girls may judge better how the different samples will look when made up.

Three of these were on display early in May. One gown of cotton voile at eighteen cents a yard, costing a dollar, containing about five yards of material, was extremely attractive. The skirt was full and was designed with a wide tuck of itself around the hips. The dainty waist had three-quarter length sleeves with hemstitching as a finishing and a very pretty fichu of itself which crossed in back, making a dainty sash effect.

CLUB girls, do you not get some hints for your own gown from what these girls are planning?

RUTH JONES, *Director.*

The Junior Housewife



The Juniors at Headquarters



HE Junior Housewives at headquarters have had some especially good times of late, in spite of the fact that they were short one lesson on account of the Easter vacation.

One of their good times happened when they made sugar cookies and sand tarts. Right now I wish that I could ask all you club girls how many of you know how to make sand tarts?

Miss Bossong's girls gather around a big wooden kitchen table; so you club girls want to get together in one of your kitchens and follow these directions, exactly:

How to Make Sugar Cookies

- ½ cup butter
- 1 cup sugar
- ¼ cup milk
- 1 egg
- 4 teaspoons baking powder
- 3 cups flour or less
- ½ teaspoon salt
- 1 teaspoon vanilla

Cream the butter, add the sugar gradually. Beat the egg and add it, then add the milk and vanilla. Sift together the salt, baking powder and half of the flour, add this gradually, then add the rest of the flour gradually until the dough is stiff enough to roll out. Cut with biscuit cutter and bake on greased tins about fifteen minutes in a quick oven.

How to Make Sand Tarts

Now for the sand tarts! Instead of cutting your cookies with your little round cutter, make them diamond shapes and sprinkle sugar over them.

Are you disappointed, or are you glad that it is so easy to make sand tarts? When they come out of the oven I know you will be glad.

Home-Made Crullers

- 1 tablespoon fat or butter
- ½ cup sugar
- 1 egg
- ¾ cup milk
- ½ teaspoon salt
- 1 teaspoon vanilla
- 6 level teaspoons baking powder
- 3 cups flour
- ⅛ teaspoon nutmeg

Mix butter and sugar together. Add the egg and mix thoroughly. Add salt, vanilla and nutmeg. Add the milk. Sift the flour and baking powder together. Add about two cups at once, then add the rest gradually. Add a little more flour if too soft to roll. Turn out on a floured board; roll out about a fourth of an inch thick. Cut with biscuit cutter, removing the center with the smaller cutter. Fry in deep hot fat until a golden brown.

MISS BOSSONG told the girls at headquarters a great deal about having the proper kitchen utensils.

I am going to tell you about them one at a time. This month it is the wooden mixing spoon, which, of course, you use in mixing your cookie dough. Instead of the long, old-fashioned spoon, use a rather short wooden spoon with a straight scoop at the end. The straight scoop is ever so much easier to clean. You just scrape it off with your knife, and there you are!

RUTH JONES.

Sensible Summer Furnishings

(Continued from page 13)

necessary store room or the extra price, we can at least, with an inexpensive summer rug and summer upholsteries, so alter the whole appearance of a room that it will seem to have taken a new lease on life and, what is more important, so that it will give the mistress of the house a much-needed vacation; vacation days in the home whether or not there are play days and holidays outside of it.

AND why not? Summer brings its change of conditions in the business world; offices that ordinarily close at six shutting their doors at five, with half-Saturdays so that, from the president down to the office boy, everybody can find time for the baseball game or the quest of his heart's desire.

Why not the home-maker's vacation months as well? Why not a little variation in kind at least of the daily round of petty cares?

While "the new housekeeper," with its standards of efficiency for the home, is one means to the end, *sensible summer furnishings* are for many of us quite as important. And by this is meant furnishings which require the least amount of care and effort, the least amount of thought or anxiety lest something be injured or spoiled.

EVEN those women who habitually return to town after three months or more spent in beautiful country homes—the hostesses who had only to give orders and "look after things" as well as those who had more of the actual caretaking to do—and complain that they are "simply tired out," how often is it not because they burdened themselves with the needless responsibility of costly and perishable things?

Perhaps they blame it on the servants, perhaps on their erstwhile guests, perhaps on the folly of too many "good times" with not enough rest between. And no doubt one or all of these things are at fault, but it is a perfectly safe guess that unsuitable, inappropriate

furnishings have had more to do with the "tired out" end of the summer than anyone has stopped to consider.

Having the waitress drop an expensive dish on the floor is even more distressing on a hot July day than in the middle of January, and an uncovered mahogany table upon which one must be eternally careful about laying things down, or a table mat or "runner" which may be spotted by a little water spilt from a flower vase, are not comfortable accessories for any summer home, nor have they any place in any sensibly furnished home during the hot weather months.

AND speaking of reducing household cares, and work, and laundry bills in summer months, let me call attention to the curtaining of the windows in each of the three living rooms of our illustrations. In the first room discussed—a room in excellent taste had not the mantelpiece been converted into a bric-a-brac shelf and the top of the piano been used as a photograph gallery—curtains of sun-fast casement cloth are seen beneath the linen curtains, made very full, to be drawn clear across the windows for privacy at night or to soften the light in sunny hours. By means of these the ugly window shade is made an unnecessary encumbrance, and whereas the latter, when drawn down over the glass to keep out the glare of the sun, is always an offense to the eye, the curtain of soft-colored casement cloth sheds a restful light over the room which adds rather than detracts from its decoration.

IN the living room on page 13 curtains of English sun-fast goods have been made to answer both the purpose of the decorative side curtain, when pushed back at the sides of the windows, and the function of the practical casement curtain, in that they are hung with rings and a pulley-cord so as to be drawn easily across the glass when occasion requires.

(Continued on page 58)

Course of Action for Housewives—Buy No Poultry

(Continued from page 9)

Prices Twice as High as Last Year

AS will be seen by the following schedule of wholesale prices the rise over the prices prevailing at this time last year amounts in some cases to one hundred per cent.

Ducks and geese are not quoted, as they have practically disappeared from the market.

The retail advance differs according to locality, but is usually greater than the wholesale, because owing to their smaller volume of business the dealers have to have a larger percentage of profit on such sales as they do make to meet their overhead charges.

Live poultry has not advanced as much as dressed stock, having gone up only about thirty per cent.

WHATEVER the reason for the high prices, the course "indicated," as the medical man say, for the housewife is the same. Do not use poultry even if the price is no object to you unless there are fastidious appetites in the family that cannot be satisfied otherwise.

There will be no new stock until August and there are many invalids and convalescents who must have this kind of food. If the supply is short, as seems probable, it should be saved for them. If the price has been manipulated, a falling off in the demand will lower it and make it less difficult to satisfy the needs of the sick.

NOT only should poultry not be ordered for home use but it should not be ordered at the hotel or restaurant dinner. The bulk of the cold-storage supply goes into these places, and unless the home policy is made to cover the public eating place it will lose much in effectiveness.

HAS PRICE OF POULTRY GONE UP—READ THIS TABLE

	1915	1916
Turkeys, a pound.....	21 cents.	42 to 43 cents.
Roasting chickens.....	19 to 21 cents.	26 to 28 cents.
Fricassee fowl.....	16 to 16½ cents.	21½ to 22 cents.
Fresh-killed broilers.....	33 to 35 cents.	46 to 52 cents.
Guinea fowl, a pair.....	85 to 90 cents.	\$2 to \$2.25
Long Island ducks, a pound.....	20 to 22 cents.	28 cents.

Where *Will* You Spend Your Vacation ?

EVERY housewife, as well as every business woman and every business man, needs to take a vacation of some sort at some time during the year.

Before deciding upon your vacation this year, read the suggestions in the July number of the HOUSEWIVES LEAGUE MAGAZINE. They will be practical and to the point and will help you solve the vacation problem for the whole family.

**NEXT MONTH—VACATION NUMBER
WATCH FOR IT!**

DON'T MISS IT!

Facts Which Every Housewife Should Know

(Continued from page 20)

ness stimulation, the uncertainty of international relations, the high cost of ocean freight, marine insurance, foreign export war duties, scarcity of materials to meet the present demand for paper production, and, last, and not by any means least, the general stampede of paper-buyers trying to secure in thirty to ninety days requirements as far ahead as into 1917.

I do not believe that the normal healthy business increase is responsible for more than thirty to forty per cent. of the present extraordinary demand for paper.

Being representative buyers of paper, it would seem as though the members of this association (The Technical Publicity Association of New York) were the ones to tell us something about the future demand. It does not appear that the printers of the country are extraordinarily busy; in fact, the reverse, so far as we can learn, is the real fact, with possibly local exceptions.

With more money in this country than perhaps ever before in its history and with industries stimulated by the war, first, in the matter of munitions and latterly right down the line of all the necessary articles—food, clothes and so on—there has been a revival of business confidence which has been lacking during the past two or three years, and the public has obviously begun to spend the money.

The Paper Buyers' Stampede

IT is also likely that in the paper business particularly, advertisers who consume a very large percentage of all paper and who, during the past two or three years, have either curtailed or entirely eliminated their direct-by-mail publicity, are now buying freely, not only for the purpose of securing business from domestic markets, but with a view to acquiring prestige for their goods in foreign markets now and after the world is again at peace.

In addition to this normal and healthy

buying of paper under the particular circumstances, the buyers have been stampeded into anticipated and unnecessary purchases, as indicated above.

The magazines, also, because of increased advertising pages and general business stimulation, have materially increased their consumption of paper.

With the actual shortage of raw materials, with an unsatisfied export demand of such dimensions as to absorb a very large percentage of the paper produced, and with the abnormal domestic demand there is at the moment an actual famine in paper. The law of supply and demand is almost inevitable.

A Welcome Lull in the Mad Rush

THE first relief in sight appears to be the slackening of the domestic demand, which, we feel, has been very much overdone, and, personally, I have been expecting evidence of this for the last thirty days.

I am confident in saying that there is now a distinct lull as compared with the mad rush of the past few weeks.

With a lessened domestic demand the paper mills will naturally turn to the export trade, but here temporarily there would appear to be a definite block, as it is inconceivable, with a scarcity of ships, that space can be obtained for any large tonnage of paper in face of the foreign demand for munitions and other necessities warranting higher freight rates.

Up to the present time there has undoubtedly been a larger production of paper in this country than ever before in its history.

Just how long this volume of paper could be produced under present conditions, and assuming that the demand continues, it is absolutely impossible to say.

Many Mills on the Anxious Seat

RAILROAD embargoes make it almost impossible to tell whether even goods that are contracted for and shipped will be received in time to prevent shut-

(Continued on page 62)

How You Can Help Keep Your City Clean

(Continued from page 19)

First of all, remember that every day is a clean up day! Especially where your town or city is concerned. If you take the children for a walk and buy them a little candy or a few peanuts as an extra treat, don't let them throw the papers or shells on the street. Walk them straight to a can and teach them to throw the paper in the can. In New York the matter has been taken up through all the public schools and posters have been designed by the school children for the street cleaning department. If you pick some flowers and they wither before you reach home and you want to throw them away, don't drop them in the street, throw them into a can.

* * *

Urge your neighbors to co-operate with the street cleaning department in propaganda work. Talk about the necessity of picking up papers and refuse and at once you have something started.

Patronize the exhibit if your street cleaning department has one. If your street cleaning department faces the difficulty of securing men to clean the streets, do your part by helping to clean the sidewalks on your own block.

* * *

If no one in your city makes awards to the men of the service for specially meritorious service, get together and see what you can do about it once a year.

* * *

Be sure that your men are equipped with lightweight, sanitary uniforms at as low a cost as possible. This summer Commissioner Fetherston fears that there will be a slight increase in the cost to the street cleaners for their suits, which ought to be white and washed frequently.

* * *

But always remember that *Every Day Is Clean Up Day*.

HAVE YOU FORMED THE RIGHT HABIT?

“HOW many ladies here know how to blow their noses correctly?” was the startling challenge issued by Dr. F. Marsh Soper to about two hundred women who had assembled recently at National Headquarters to hear this eminent authority give a short talk on the throat and some of the causes of throat trouble.

“I should say that perhaps five out of all of you present could give the right answer,” continued the doctor.

“You should blow one nostril at a time. Take your handkerchief as you are accustomed to use it, but in placing it at the nose put your index finger tight against one side of the nose and hold it until you have thoroughly blown the other side, cleansing it from all discharge. Then proceed the same way with the other side.

“Otherwise, in blowing the nose with one blow, both sides at once, the mucous is driven from one place to another and into the Eustachian tubes and the ear drums are distended unnaturally.

“This does not sound of much importance but it is all these unimportant little things, collectively, that neglected cause the harm, and make up the sum total of health.”

Fancy Breads and Rolls

(Continued from page 36)

Recipe for German Coffee Cake

- 1½ cakes yeast
- 1 cup milk, scalded and cooled
- 1 tablespoonful sugar
- 3 cups sifted flour
- ½ cup butter
- 1 cup sugar
- ⅛ teaspoonful mace
- 1½ cups mixed fruit, citron, raisins, currants
in equal parts
- ¼ teaspoonful salt
- 3 eggs

Make bread sponge, beat well. Cover and set aside, in a warm place, to rise one hour, or until light.

Add to this the butter and sugar creamed, the mace, the fruit which has been floured, enough flour to make a good cake batter, the salt, the eggs, well beaten. Beat for ten minutes.

Pour into well buttered molds, filling them about half full, cover and let rise until molds are nearly full, then bake in a moderate oven. If made into two cakes they should bake forty-five minutes; one large cake should bake one hour.

Children's Rusks

- Bread sponge
- ½ cup butter
- 1 cup sugar
- 1 egg
- 1 cup currants
- ½ teaspoonful salt

Make a bread sponge. Cover and set aside in a warm place to rise for about an hour. When light add the butter and sugar creamed, egg well beaten, the currants, which have previously been floured, and sufficient flour to make a moderately soft dough.

Knead lightly, place in greased bowl, cover and set aside in a warm place, free from draft, to rise for about two to two and a half hours. When well risen turn on a kneading board and mould into rolls. Place in well greased pans. Cover and let rise again for about one hour, or until double in bulk. Brush with egg diluted with milk. Bake in a hot oven for about fifteen or twenty minutes. Upon removing from oven sprinkle with powdered sugar.

Recipe for Currant Tea Ring

- 2 cakes yeast
- 1 cup milk scalded and cooled
- 1 cup lukewarm water
- 1 tablespoon sugar
- 7 cups sifted flour
- 6 tablespoons lard or butter
- ½ cup sugar
- 3 eggs
- ½ teaspoonful salt

Dissolve yeast and one tablespoonful sugar in lukewarm liquid. Add three cups flour and beat until smooth. Add lard or butter and sugar thoroughly creamed, and eggs beaten until light, the remainder of the flour gradually, or enough to make a moderately soft dough, and the salt. Turn on board, knead lightly. Place in greased bowl. Cover and set aside in a warm place to rise for about two hours, or until dough has doubled in bulk.

Roll out in oblong piece, one-fourth inch thick. Brush with melted butter. Sprinkle with brown sugar, currants and cinnamon. Roll up lengthwise and place in a circle on a large, shallow greased pan or baking sheet. With scissors cut three-fourth inch slices almost through. Turn each slice partly on its side, pointing away from center. This should give the effect of a many pointed star, and show the different layers with the filling. Cover and let rise one hour, or until light, and bake twenty-five minutes. Just before putting in oven glaze with egg, diluted with milk. Ice while hot with plain frosting.

This recipe will make two large or three small rings.

How to Make Crescents

Crescents are made in the same manner as Parkerhouse rolls except that they are cut into shapes to resemble a half moon and are brushed over with white of egg and sugar and sprinkled with chopped nuts before removing from the oven. Crescents are often made richer by adding an egg to the dough.

Where Only the Choicest Finds Place—



RYZON, The Perfect Baking Powder,
can now be obtained at

ACKER, MERRALL & CONDIT CO.,
New York, Baltimore and Newport

FAXON, WILLIAMS & FAXON,
Buffalo

CHARLES & CO.,
New York

R. L. ROSE CO.,
Providence

G. C. CORNWALL & SON,
Washington, D. C.

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COBB, BATES & YERXA CO.,
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FINLEY ACKER CO.,
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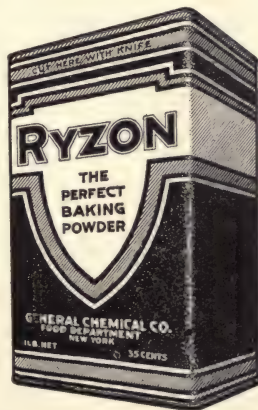


EACH of these establishments
is prepared to fill the RYZON
orders of both resident and out-
of-town custom.

All of these houses enjoy high
standing in their respective cities.

They cater to the discriminating
trade—a custom that buys goods
of known merit and unquestioned
purity.

**RYZON, The Perfect Baking
Powder,** is exactly such a product.



*If your local grocer does
not handle RYZON, you
may order from these mer-
chants. Pound, 35 cents;
half pound, 18 cents.*

Housewives Educate Public Opinion

(Continued from page 25).

This is the sum of our activities in state politics.

At home, we had just begun inspection of groceries and were finding many grocers glad to co-operate in the "clean-up" movement, when there was introduced by the Board of Health an ordinance "to regulate the handling and storing, offering for sale or selling of groceries, vegetables, dairy and bakery products, fruits, confectionery, ice cream, soft drinks and all provisions at retail, to provide for licensing persons engaged in such business."

This sounds like an ambitious attempt and at first it seemed too good to be true. From almost the first the Retail Grocers' Association did not oppose the bill, but the Greek fruit stores were united in opposition to anything which made them cover their corner fruit stands or remove fruit from the open street. Later they ceased to fight, but the City Market used all its political influence to secure exclusion from the application of this law.

After months of untiring effort of the women who had the matter in charge, after numberless interviews with persons interested or aldermen uninterested, and frequent committee meetings, the ordinance came out of the committee and was passed by the City Council.

Now, we must see that public opinion demands its enforcement, and that an adequate number of inspectors is provided to do this, so the good work of cleaning up shops where food is sold has just started.

Educating the Housewife

THERE are, of course, an endless number of things for such an organization as the Minneapolis Housewives League to do.

Aside from legislative matters, we must educate ourselves in the pure food question; we wish to know whether products "made in Minneapolis" come from clean factories.

The Executive Board will consider the advisability of asking the daily papers to give the housekeepers reports of the condition of the retail market similar to those furnished dealers as to the wholesale market, which will make possible more intelligent buying.

But at heart our greatest difficulty is not with the merchant but with the housewife herself.

The merchant wants to make his sales. In general, he will give as little as possible in quality and quantity of goods and attention to domestic needs, for as large financial returns as he can get. He has a justified desire to make a living (and perhaps most people do not realize that retail dealers in food supplies are shown by statistics to have a large percentage of business failures). But the extent of his sales of "little for much" are limited by just two factors—his competitor's willingness to give greater service to the community and the housewife's knowledge of what prices and conditions of sale are fair to all concerned.

If the housewife is indifferent or ignorant, legislation does no good; she still buys what is offered.

Laws are not enforced in a democracy unless public opinion demands that they be; and "public opinion," in the matter of the enforcement of food legislation at least, ought to be feminine. That our present Pure Food law is administered largely in the interest of manufacturers and food merchants is indication that "public opinion" in the past has been of masculine gender.

In Minneapolis, as in other branches all over the country, the Housewives' League is endeavoring not only to secure proper laws but to educate public opinion so that the sale of undesirable food shall be either made unprofitable business or shall be prevented by strict regulation.



Some Intimate Facts About Jell-O

The waxed-paper bag inside the Jell-O carton affords absolute protection to the contents against moisture and atmospheric conditions.

It is air-proof and moisture-proof, keeping the Jell-O always pure, clean and sweet.

The Jell-O in every package is *fresh*, whether made yesterday or many months ago. It does not lose its flavor or grow stale.

The last package of the dozen on the pantry shelf is as fresh and sweet as the first.

From start to finish the operation of "putting up"

JELL-O

is an interesting one. Wonderful automatic machines perform it—each completing a package of Jell-O in two seconds—from making the waxed-paper bag and filling it with Jell-O, to putting the filled bag and a recipe folder in the carton and closing and sealing it.

It is all very sanitary and very satisfactory.

The seven flavors of Jell-O are Strawberry, Raspberry, Lemon, Orange, Cherry, Peach, Chocolate. All are pure fruit flavors, of course. Each 10 cents at any grocer's.

THE GENESEE PURE FOOD COMPANY
Le Roy, N. Y., and Bridgeburg, Ont.

Be Prepared to Meet Emergencies at All Times

(Continued from page 40)

available, set the bone yourself by grasping the limb below the fracture and gently and steadily pulling it in a line with the limb.

The bone set, the next thing to do is to fasten it in place so that it will not again become dislodged. A splint for this purpose may be improvised from almost anything which is at hand.

Take anything stiff which is available—a piece of stiff cardboard, a book cover, a cane, a pillow, folded newspapers, anything which will serve as a brace to which the limb can be tied.

Cover or pad the splint with a soft, clean cloth, if possible. Now tie the splint firmly to the limb with strips of cloth, handkerchiefs, cord, or anything that will serve the purpose.

Allow the limb to remain at rest, taking care not to jog or jar it in any way.

Nature then heals the fracture by forming a substance called *callus* around the broken ends of the bone. This substance eventually becomes part of the bone and the broken ends are united as firmly as in any other part of the bone. The healing requires from one to three months.

Simple and Compound Fractures

WHEN a bone is broken the fracture is either a simple or a compound one. In a simple fracture the bone does not project through the skin, and is, hence, easily healed.

If the broken bone has been driven through the skin so that it is exposed to the air, the condition is referred to as a compound fracture.

A compound fracture is much more

serious than a simple one, owing to the danger of infection by the exposure of the bone to dust and germs.

In treating a compound fracture, the procedure is very much the same as that described above, the chief difference being that the wound must be quickly covered with a *clean* cloth before the splint is applied.

Never use a soiled cloth for this purpose, even if no clean cloth is at hand, for the danger of infection by that means is great.

How to Treat Earache

A COMMON demand for first-aid treatment, which many people are apt to overlook, is occasioned by earache.

Earache is such a seemingly simple thing that it is often passed over as of no especial consequence, and is usually thought to heal itself. But more often than not this is not the case. It does not heal itself, but becomes more and more aggravated until, finally, serious trouble results.

When a child complains of the earache, the ear should be washed with a solution of warm water and glycerine—one teaspoonful of glycerine to a cupful of water. Keep bathing the ear with this solution for fifteen or twenty minutes, and the chances are that the worst earache will pass away.

But this is not all that is necessary. Do not feel that a trouble concealed is a trouble healed. Take the child to an aurist and find what was the cause of the earache and how to prevent its return.

Trouble with the ear, if neglected, is apt to cause much distress later on and may develop into a serious malady.

THE special course of lectures at National Headquarters of the Housewives League include addresses given by noted specialists in every line of activity of interest to women.

Do not fail to read these lectures as they appear each month in the **HOUSEWIVES LEAGUE MAGAZINE**.

The Answer to the Milk Question

MILK is one of the most *important* foods you buy. There is every reason why you should get milk that is *sure* to be safe.

You cannot afford to take *risks*,—and there is no reason why you *should*.

♦ ♦ ♦

CARNATION MILK solves the whole problem for you. It puts an end to your doubts.

It protects you from all the *dangers* which lurk in milk that is not handled properly.

Remember that Carnation Milk is not “doctored” in any way. It is just the *pure* milk as Nature provides, with nothing put in to sweeten or to preserve it.

♦ ♦ ♦

ALL MILK, as you know, contains a large percentage of water. Part of the water is *evaporated* from the clean, sweet, pure fresh milk which is thus reduced to the consistency of cream. Nothing else is taken out—*nothing whatever* is added.

After the rich, clean Carnation Milk is put into the cans and sealed airtight it is *sterilized*, and you get it in that condition—clean, sweet, pure and *absolutely safe*.

Isn't it worth while to be *sure* about the milk you buy?

Isn't it important to you to *know* that the milk you serve on your table, the milk you give your children to drink, is *free* from anything that may be dangerous or harmful?

PERHAPS you have supposed Carnation Milk was to be used only for a few special purposes. If so, you have been mistaken.

Carnation Milk—properly diluted—is to be used just as you use any other milk—for the table, for cooking and for baking.

Put it in your coffee and enjoy the splendid flavor it imparts; pour it diluted or undiluted, over fruits, berries and cereals, make ice cream and candy with it.

♦ ♦ ♦

CARNATION MILK *whips*—that fact is a forceful evidence of its high quality.

Get rid of the milk problem forever by using Carnation Milk. It is always handy when you want it, because you can keep a supply in the house and be sure that it isn't going to spoil.

You will find that it supplies every milk need of your home. Add pure water to it and you “bring it back” to the *original* milk—with the betterment of purity and safety.

Just try it. Find out for yourself how *good* Carnation Milk is, and how simply it solves the milk and cream problem.

♦ ♦ ♦

ASK your grocer today to send you a supply of Carnation Milk. He can furnish it by the can or by the case—daily or weekly—as you wish.

Write us for our handsomely illustrated book of special recipes for using Carnation Milk in everyday dishes, fancy desserts, etc.

CARNATION MILK PRODUCTS
COMPANY

660 STUART BUILDING, SEATTLE, U. S. A.



Carnation Milk

Clean
Sweet
Pure



LECTURES AT HEADQUARTERS

The following are some of the lectures and demonstrations by specialists which have been given at National Headquarters of the Housewives League during the month of May:

Demonstrations

Candy Making—Fudge, Fondants.
Attractive Ways to Serve Eggs.
Spring Salads.
How to Make Sponge Cake.
Various Ways of Using Asparagus.
Strawberry Short Cake.
How to Manage a Gas Range.
How to Stuff and Bake a Fish.

Lectures

How the Circulation of the Blood Affects the Appetite. By Dr. William H. Vail.

Dollar Luncheons—A Hand to Mouth Talk. By Mrs. Edward Standish Robinson.

The Need of Sex Education. By Mrs. Wood Allen Chapman, Lecturer for the Society of Sanitary and Moral Prophylaxis.

The Care and Cure of the Nervous Child. By Dr. George Dow Scott.

Prenatal Care of the Mother. By Dr. Mary Lee Edward.

Answering Children's Questions. By Mrs. Wood Allen Chapman.

What It Means to Plan and Build a Public Market. By Charles Houchin Higgins, Engineer and Architect of the New Washington Market, New York City.

Balanced Menus. By Miss Helene Pope, Teachers College, Columbia University.

Junior Housewives League

Cookies and Sand Tarts.
Nut Taffy and Puffed Rice Balls.

JUNIOR GIRLS CLUB

(Continued from page 43)

to make some connection with some hotel at the sea shore or lake side and give swimming lessons. You must be prepared to do it at a rather low rate, but when you figure on the amount of good the vacation will give you the low salary earned will be well worth the summer's work.

And remember, girls, that while at the hotel or resort you can carry on your own particular Girls Club work to a tremendous advantage.

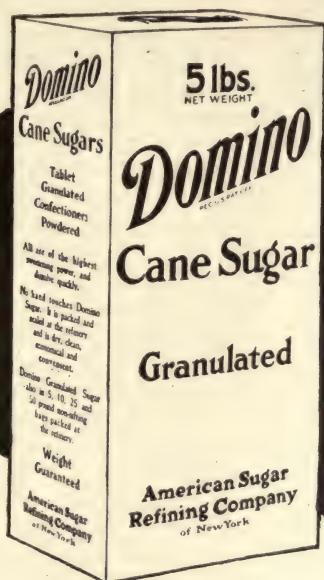
Don't be a beach girl—swim. Don't just sit around with a tennis racquet—play; and if you get up a walking club have regular meetings and really go on your tramps, even if you have to give up other things for it.

EVERYWHERE you go remember that you are a club girl and that you are trying to learn something new every day. Our club girls make friends readily and this is one of the surest ways to learn. Everyone has some information, some admirable quality of character, some indefinable something that teaches us. The more friends you have the easier your club "earn" becomes, too, for they work closely together.

Write to me at once, for the sooner you join the happier you and I will be.

WHEN bed blankets become thin in the center, tear them through the middle from end to end. Lay the selvage edges together flat and stitch on the sewing machine. Then hem the outer edges. That will bring the thin places on the edge where there is little wear.

If the ends are worn, cut off and either hem or bind them. They will last a good while longer. The same thing can be done with sheets.



Sugars Are Not So Similar

Sugars vary in quality, just like other foods, and there is every reason why you should be particular in buying.

Domino Granulated Sugar is a refined cane sugar of the highest grade, carefully packaged in 2 and 5 pound packages to insure its perfect cleanliness.

You use sugar so freely and frequently that you need to be sure of its quality. Therefore ask for it by name. The Domino Package is your guarantee.

Domino Cane Sugar is also sold in Tablet, Powdered and Confectioners forms.

American Sugar Refining Company

Do your
share

To

Insure Cleanliness

insist that every Sack
of FLOUR you buy
bears this mark of

Assurance of Cleanliness



**The Sack that keeps the
Flour *IN* and the Dirt *OUT***

Every brand of Flour
packed in this Paper
Lined Cotton Sanitary
Sack is delivered in
your home as pure
and clean as when it
left the mill.

No Flour Sifts Out
No Dirt Enters In

**Your Grocer
can get it**

**The Cleveland
Akron Bag Co.**
CLEVELAND, OHIO



SENSIBLE SUMMER FURNISHINGS

(Continued from page 46)

And finally, in that other summery living room on page 11 we see the popular English style of net curtains divided in the middle and hung separately on both upper and lower sash.

The particular advantage of this style of window treatment in summer is that when you raise the lower part of the window the curtain goes up with it, thus, of course, keeping clean for a longer time than when left hanging in the way of every dusty breeze that blows.

However we solve the problem of summer curtains, let us not make the mistake of taking down our winter hangings and putting no others up in their place. A house without curtains in summertime is as cheerless as breakfast without coffee, and the only obligation is to let them be simple and suitable. Where one set of curtains will answer the purpose of two let that suffice, and wherever a pretty outlook is an asset to the room, either dispense altogether with the glass curtains or keep them looped back in the simplest manner possible, with plain cords or bands.

FINALLY, a word on the use of color in summer home furnishing. Cool grays and blues, restful greens and creams, and all the other quiet tones that blend in with the background of the "out-of-doors" seem naturally to belong to the summer home.

BUT even Nature gives us sometimes startling touches of strong color to relieve the serenity of a picture in quiet harmonies; the gorgeous wings of a butterfly poised on a gray-green stalk, or the flaming bit of orange or red in the cool, green vista of the summer woods. Indeed, with the very thought of summer comes an instinctive desire for color; strong, warm, bright color.

We must have our all-white dresses and our cool lingerie pillows for couches and chairs; but so, too, must we have our gaily-colored sofa cushions and other finishing touches here and there just as we want our bright ribbons and furbelows for the summer wardrobe.

SUMMER FURNISHINGS

As many conventions are left behind when we take up life in the country, it is here that we may indulge in and enjoy many colorful things in furnishings which, in the greater dignity of our city and winter homes, might be out of place.

For example, a certain summer parlor hung and upholstered in cool greens against a creamy background of painted walls has here and there a cushion covered in chintz of gorgeous coloring with gay-plumaged birds and flowers that never grew in any land, and, added to these satisfying bits of strong color, several lamp-bases and flower bowls in orange, the red-orange of the nasturtium.

Without these things the room would have been as insipid and tiresome as a person who always speaks in one tone of voice. With its contrasting bits of warm color it is in no wise less restful and infinitely more interesting to the eye.

YOUR CHILD'S MIND

(Continued from page 16)

See a Specialist in Time

THE mother who shuts her eyes to physical symptoms, or is ashamed or afraid to take her child to a specialist in physical diseases is considered criminally negligent.

Even so, the modern mother must take upon her shoulders the responsibility for the future mental life of her child. She must be alert to the traits and tendencies which mean increasing strain and difficulty in the child's daily life, and if she finds that the child continues to fail in his adjustment to everyday situations she is under obligation to go to someone who makes a specialty of mental disease and who can tell her the reason for this failure on the part of the child and the best way to overcome it.

You would not let your child suffer for lack of expert advice if his eyesight were failing—neither ought you to let him suffer for lack of adequate treatment when his mind is not serving him as it ought.



HOTEL ASTOR Uncoated RICE



RICE varies as greatly in quality as coffee and tea and prudence demands that you exercise the same care in selecting it. Pure, uncoated rice, free from glucose, talc, etc., is one of the most healthful of foods—coated rice is a menace to health. You are safe when you use Hotel Astor Uncoated Rice.

Costs no more Than Ordinary Rice

Carefully selected and automatically packed under the most sanitary conditions, Hotel Astor Rice comes to you in a sealed carton, clean, and fully protected from dust and dirt.

And from the breakfast cereal to the luncheon croquette, and on to the dinner pudding, the use of Hotel Astor Rice is economical, because it is absolutely free from broken, imperfect grains—each perfect grain is a part of a perfect package.

Hotel Astor Rice and Pimientos

1 cup Hotel Astor Rice	2 eggs
1 small can pimientos	1½ cups milk
1 cupful grated cheese	Salt and pepper to taste

Boil Hotel Astor Rice in plenty of salted water, drain. Add the pimientos (chopped), the eggs (well beaten), milk and seasoning. Bake in a buttered baking dish for 20 minutes in moderate oven.

*Hotel Astor Rice is sold in sealed cartons only
10c. for a full pound in the yellow carton*

If you are not using Hotel Astor Rice, we want you to try it. For sale at most good grocers—if yours cannot supply you, send 10c. for a full pound carton.

B. FISCHER & CO.
190 Franklin St., NEW YORK

*Serve the
season's fruits
in new ways*

Cherries

Cherry Sponge—a most pleasing Knox Gelatine dish. Fresh or canned cherries.

Raspberries

Raspberry Mousse—a delightful chilled dessert for warm days and other days, too.

Pineapple

Pineapple Sponge — Pineapple Snow Balls — Pineapple Mousse—are suggestions. Fresh or canned fruit.

Strawberries

Strawberry Bavarian Cream, Strawberry Ice, Strawberry Coupe—are a few Knox Gelatine recipes for Strawberries.

Blackberries

Lemon Jelly with Berries—easy to prepare—yet dainty and different.

Bananas

A delightful recipe is Banana Sponge, garnished with banana slices.

Recipes for above are found in our new book.

KNOX STRAWBERRY BAVARIAN CREAM

- 1-2 envelope Knox Sparkling Gelatine.
- 1 tablespoonful lemon juice.
- 1-4 cup cold water.
- 1-2 cup sugar.
- 1 cup strawberry juice and pulp.
- 1-2 cups heavy cream, beaten until stiff.

Soak Gelatine in cold water five minutes, and dissolve by standing cup containing mixture in hot water. Strain into strawberry juice mixed with lemon juice. Add sugar, and when sugar is dissolved, set bowl containing mixture in pan of ice water and stir until mixture begins to thicken; then fold in cream. Turn into wet mold lined with strawberries cut in halves, and chill. Garnish with fruit, selected strawberries, and leaves. A delicious cream may also be made with canned strawberries.

YOU can serve the season's fruits and berries in many different and delightful ways if you use

KNOX

SPARKLING

GELATINE

(Granulated)

The suggestions above give you an idea of the possibilities. Canned fruits, too, are used with splendid results. **New Recipe Book**

containing many recipes for Desserts, Puddings, Jellies, Salads, Candies, etc., will be sent

FREE for your grocer's name. Enclose 2c stamp for pint sample, if desired.

CHAS. B. KNOX CO., Inc.

421 Knox Ave.

Johnstown, N. Y.

Yellow Package

Blue Package



HOW TO COOK TILEFISH

(Continued from page 22)

CLEAN, scale the fish, bring to boil and boil for twenty minutes. Drain, remove skin and bones, and place on a very hot platter. Season well with salt and pepper, sprinkle a little vinegar over

it, and add some chopped parsley.

Tilefish au Beurre Noir

Brown two ounces of butter in a frying

pan. When well browned add a tablespoonful of vinegar and pour over the fish. Garnish with parsley. This must be served very hot.

* * *

CUT the tilefish in pieces about four ounces each, cover with water, bring to a boil and boil for ten minutes. Serve with a sauce made thus: Chop a large onion very fine, fry in butter and add

one-half teaspoonful curry powder, two teaspoonfuls flour, one-half cup of milk,

and one-half cup of fish stock. Boil a few minutes and bind with the yolks of two eggs mixed with two teaspoonfuls butter. Serve with boiled rice.

SUMMER SLOGAN FOR GROCERS "CLEAN UP AND COVER UP"

CLEAN or unclean, no grocery store is a fit place to display uncovered foodstuffs that go to the table without a washing. Therefore glass-covered containers should be freely used in all grocery stores. The goods may suffer later from contamination, but the faults of cooks will not excuse the grocer for unnecessarily exposing food products to the air of the store. Clean up and cover up! The newer communities in the Further West have sounded the slogan, and the highly civilized East cannot afford to lag behind. Nor is there a disposition to do so among the women's clubs here. They have begun their crusade, and woe be unto the grocer who shuts his ears to the voice of the times.



Karo

(CRYSTAL WHITE)

If you want the richness of flavor of the fresh fruits in your preserves, jams and jellies use part Karo (Crystal White) instead of all sugar.

One part Karo to three parts of sugar makes a rich heavy syrup without the cloying sweetness that you find where you use all sugar. The Karo prevents jams and jellies from crystallizing.

The housewife is always glad to find some way in which she can economize on her sugar bill—especially with the price of sugar so high. The use of Karo (Crystal White) is doubly appreciated because she gets better preserves, jams and jellies and she saves 25 per cent of her sugar.

The thousands of housewives who have used Karo (Crystal White) in making their preserving syrup will never go back to the old way.

Send for our Preserving Book. Free on request. It contains valuable recipes for making of all kinds of delicious preserves, jams and jellies.

Corn Products Refining Company



1/2 PINT 1/2 DOLLAR



Buy the big Household or Factory Size 3-in-One and get 8 times as much oil for your money.

3-in-One keeps almost everything in home, office or store perfectly oiled—also as clean and bright as a new silver dollar.

Always use 3-in-One on sewing machines, typewriters, razors, cameras, talking machines, furniture, bath room fixtures, guns, reels, and hundreds of other things.

The 3-in-One Dictionary, with every bottle, shows you scores of ways this good oil makes hard work easy.

FREE Generous sample bottle sent on request. Try before you buy.

SOLD AT ALL GOOD STORES

3-IN-ONE OIL COMPANY

42 KUG. Broadway, New York

Housewives—Try 3-in-One for Dusting



The Annual Summer Question

"How can I avoid unnecessary cooking during this hot weather?"

Your question is answered with "FORCE." A dish of "FORCE" with cream and fruit for breakfast—"FORCE" and a bowl of milk for an occasional supper—think of the saving in time and energy gained here!

And think of the cooling, satisfying flavor of the malted wheat, found only in "FORCE."

"FORCE"

TOASTED WHEAT FLAKES

Each package wax-sealed against dust and dampness.

The H-O Company, Buffalo, N.Y.
Makers of H-O, Force, and Presto.



**CONFECTIONERS
SUGAR
FOR ICING CAKES**

FRANKLIN CARTON SUGAR
"A kind for every home use"
XXXX Confectioners Sugar

We pack this grade in 1-lb. cartons with inside lining of moisture-proof paraffine paper to prevent "lumps." Full Weight Guaranteed. This is the sugar used by expert bakers and confectioners for Icing Cakes and making Cream Candies. When you try it notice its smoothness and sweetening power.

Made From Sugar Cane. Full Weight Guaranteed.

Franklin Carton Sugar includes Franklin Fine Granulated Sugar, Franklin Powdered Sugar, Franklin Dainty Lumps (Small Cubes) and Franklin XXXX Confectioners' Sugar.

The Franklin Sugar Refining Co.
PHILADELPHIA



FOR DELICIOUS DESSERTS

you need

MAPLEINE

With it you may develop tempting dishes, give new and delightful taste to icings, fillings, ices, sherbets, candies, etc. Mapleine, hot water and granulated sugar makes fine, rich syrup for hot cakes.

Send 4c. in stamps and trademark for Mapleine Cook Book.

Dept. 43

CRESCENT MFG. COMPANY
Seattle, Washington

PROTECTALL WARDROBE BAGS

Keep clothes, furs and blankets clean and sanitary and safe from dirt and moths. Save cleaning and pressing bills.

COMBINATION DAILY-USE AND STORAGE BAGS
made of tough, lasting rope fibre paper.



STORAGE (only) BAGS
made of durable odorless tar paper. All bags securely closed by folding side.

MID-WEST BOX COMPANY
1610 Lytton Bldg., Chicago.

Prices and Sizes

Combination Daily Use and Storage		
Waist Bag	27 x 36	\$.50
Dress Suit Bag	27 x 50	.60
Garment Bag	27 x 60	.75
Garment Bag	27 x 65	.85
Storage (only)		
Garment Bag	27 x 60	1.00
Fur Bag	25 x 30	.75
Blanket Bag	25 x 30	.50



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REGISTERED IN U.S. PATENT OFFICE
SHEETS & PILLOW CASES

They stand the test

By the yard/or made up

Ask your dealer

Made by Naumkeag
Salem, Mass. S. C. Co.

EAT GOODMAN'S SPAGHETTI



SOLE MAKERS OF THE
BERLINER TEA MATZOTHS
SOLD EVERYWHERE

A. Goodman & Sons, Inc., New York

THE PAPER FAMINE

(Continued from page 48)

downs. Many of the mills' are continually on the "anxious seat" in this connection and scarcely know from one day to the next just what to expect.

Just what the future is going to bring is any man's guess, and about everybody is guessing, but I feel, so far as the paper industry is concerned, that the situation would be very much relieved if buyers of paper would calmly consider the whole matter and order only their immediate requirements.

There is no question but that every mill is standing a very much higher cost per pound of paper manufactured than during normal times, but over-buying will not tend to lower prices.

WHILE I believe that the present prices for paper are abnormally high and could only be justified by the present conditions, I should not want you to feel that they are ever going back to the previous low scale. It will be a long time before raw materials recede to previous price levels, if ever.

The cost of labor is advancing in every direction, and it appears that all the paper mills will shortly be working under three shifts of eight hours each, instead of two shifts of twelve hours each, as has been the practice in the past.

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JOHN CURTISS,
Publisher.

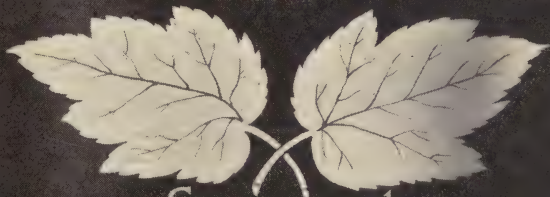
Sworn to and subscribed before me this 5th day of April, 1916.

[SEAL.] C. J. OLIPHANT,
Notary Public.

Certificate filed in New York County, No. 55.
(My commission expires March 30, 1917.)

*Puts
the "Ok"
in Cooking*

Swift's
"Silverleaf" Brand



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Pure Lard

Swift & Company
U.S.A.

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IMPORTANT ANNOUNCEMENT

THE HOUSEWIVES LEAGUE MAGAZINE is to perform a notable service to American homes during 1916. It is to occupy a place never before held by a periodical. Its mission will be to show you how to get the most for YOUR MONEY; How to REDUCE THE COST OF LIVING; How to PUT YOUR HOME ON A BUSINESS BASIS—THIS MAGAZINE IS AN ABSOLUTE NECESSITY IN YOUR HOME.

12 GREAT NUMBERS — 250 IMPORTANT ARTICLES — 300 PHOTOGRAPHS

Rally Number in January

This is the issue which you hold in your hand—Read every word of it—It speaks for itself—Then consider that it is just TEN CENTS—Did you ever get more for your money?

Get-Together Number in February

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TO EVERY WOMAN IN AMERICA

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36 VALUABLE LECTURES — ALL FOR \$1.00 — SUBSCRIBE TODAY

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ONE NEW SUBSCRIPTION—ONE DOLLAR A YEAR

From each reader of our magazine will double our power and
our service value to ourselves.

Housewives Subscription Blank

The Housewives League Magazine

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my subscription for THE HOUSEWIVES LEAGUE MAGAZINE for
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Invites every Housewife to
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It is the Housewife's Club and Every Homemaker is a
Member and Welcome to its Privileges.

There is a rest room where you can read, write, rest, and make appointments to meet your friends. Come and use it.

There are lectures by experts every day and sometimes several times a day on everything relating to household management. Come and hear them.

There are talks for the Junior Leaguers and lessons in candy-making and simple cookery every Saturday morning. Bring or send your children.

Tea is served every Friday afternoon from 3 to 5 o'clock, and the members of the National Executive Committee are "at home" to all homemakers. Come and enjoy yourself.

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There is a model kitchen where you are sure to get ideas that will make your own domestic machinery run more smoothly. Come and see it, and let the demonstrator tell you all about it.

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Don't forget the address: No. 25 WEST 45th ST., NEW YORK CITY

Special Offer to Members of The Housewives League—This \$2.50 ^{Card} _{Index} **Cooking Recipe Cabinet**

Containing 466 famous Pure Food Recipes ; a complete set of Index Guide Cards and 100 Blank Cards for additional recipes

No more bulky cook books. No more confusion. This cabinet systematizes your cooking, keeps every recipe in its place where you can find it instantly.

The 466 Recipes in Each Cabinet

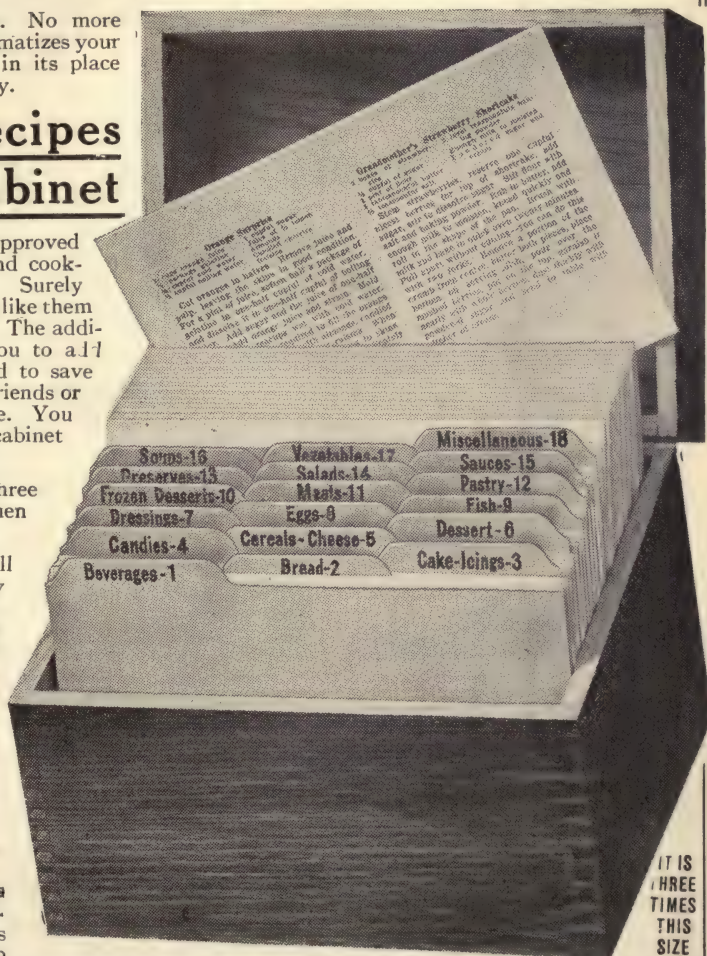
are selected, prepared and approved by the greatest Pure Food and cooking authorities in America. Surely you will want them. Nothing like them has ever been offered before. The additional blank cards permit you to add your own favorite recipes and to save the favorite recipes of your friends or other recipes from time to time. You complete your own cooking cabinet to suit your individual taste.

The CABINET is nearly three times this size and holds, when filled, over 1000 recipes.

SPECIAL NOTICE.—We will publish other new recipes, by these same cooking authorities, which you can save and file in this cabinet. Plan to get yours now! It is positively the greatest article ever devised for the busy housewife.

WILL BE SENT FREE

to members of the Housewives League who send us 3 new subscriptions to the Housewives League Magazine with \$1.00 each. We will send it postpaid to old subscribers with one year's renewal for \$2.00.

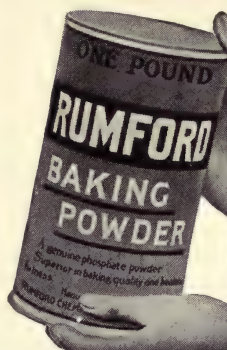


IT IS
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TIMES
THIS
SIZE

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Publication Office: No. 450 Fourth Avenue, New York City

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Hand
to
Better
Baking*



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to make—
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—the finest kind of shortcake
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Jams, Jellies and Marmalades; Beech-Nut
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FOR

JANUARY, 1913

and MARCH, 1914

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March, 1914, and Sept., 1915, issues
of the HOUSEWIVES LEAGUE
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and we greatly need several copies to
complete sets for binding. We
should consider it a great favor if
any member would let us have
whatever extra copies of these issues
she may possess, and in return would
gladly accord her a four months free
subscription to the magazine.

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HOUSEWIVES LEAGUE
MAGAZINE

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tempting fritters, muffins, patties, pudding, and
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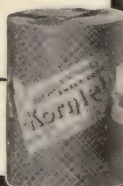
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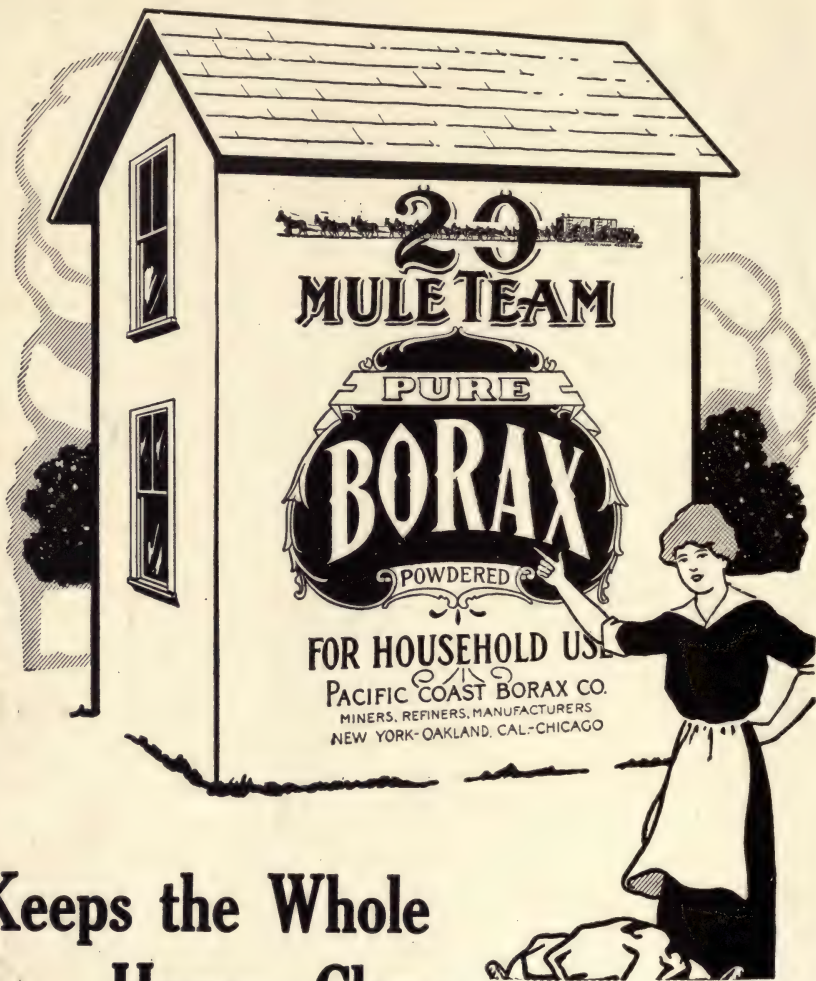
Housewives

League Magazine

SUPERVISING EDITOR—MRS. JULIAN HEATH



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1916



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Your own dealer sells 20 Mule Team Borax and 20 Mule Team Borax Soap Chips. Ask him about it today.

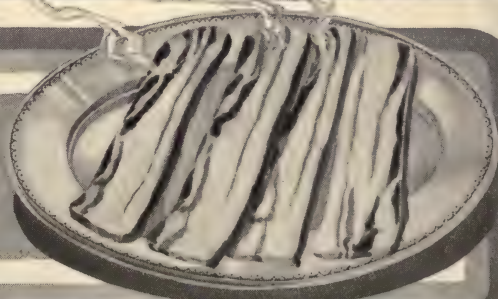
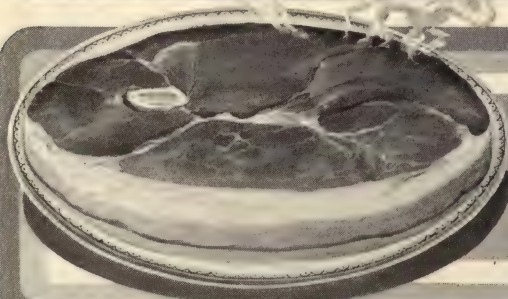
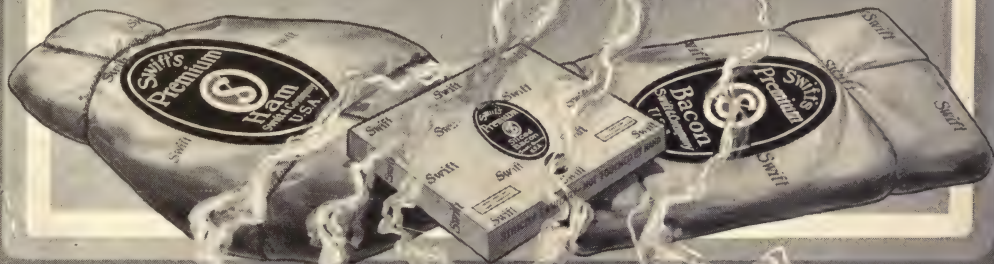
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THREE
TIMES
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SIZE



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Mellin's Food Method
of Milk Modification
is a sturdy, well-nourished baby.

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Glass of
Full Cream
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Sandwich of
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Each Will Feed Your Child the Same
Amount of Strength, Heat and Energy

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Makers of

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*Eaten on
Bread, Crackers
or Toast—Fine
on Saltines*

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THE ADVERTISING in this Magazine is an important feature of the League's message to members and friends. It is an integral part of the service the Magazine gives you every month.

Our advertisements have been accepted only after expert and careful investigation, and each has received the official endorsement of the National Housewives League.

We invite criticism of any advertisement which appears in these pages, and will push our investigations further, if the criticism seems just.

Representing as we do the organized housewives of the country, our standards are necessarily high. Therefore our advertisements are of real value to you and your family.

If, when you do your buying, you consult our advertising pages and buy accordingly, you can be sure that, in our opinion, you are paying fair prices for pure products made in sanitary shops.

The advantage to you as a consumer is obvious.

MARTHA J. FULLER,
Advertising Director



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If you will enclose 5c (for postage and packing) and your grocer's name, we will gladly send you, free, a trial package—enough to make one large cake. We will also include a 10c COOKIE-CUTTER and COOK BOOK of 40 tempting cocoanut recipes.

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This domestic science booklet contains illustrations and recipes for making forty nourishing kinds of breads, buns, etc., with FLEISCHMANN'S YEAST.

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FOR

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Can be quickly sterilized in boiling water. All styles and sizes to fit every requirement. Regular, Full Dress and Shirt Waist are made in flesh color. Guarantee with every pair.

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Housewives

League Magazine

SUPERVISING EDITOR—MRS. JULIAN HEATH



MARCH
1916



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Your own dealer sells 20 Mule Team Borax and 20 Mule Team Borax Soap Chips. Ask him about it today.

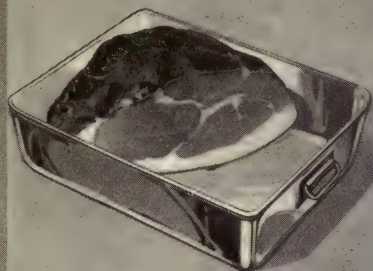
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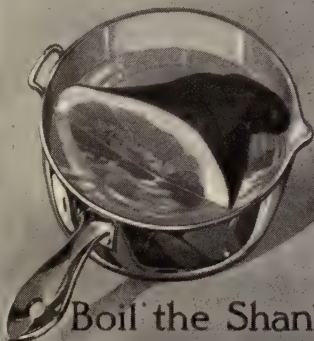
"Swift's Premium"



Cut center slices for
Broiling or Frying



Bake the Butt



Boil the Shank

*Buy it
Whole!*



HOW TO REDUCE COST OF LIVING

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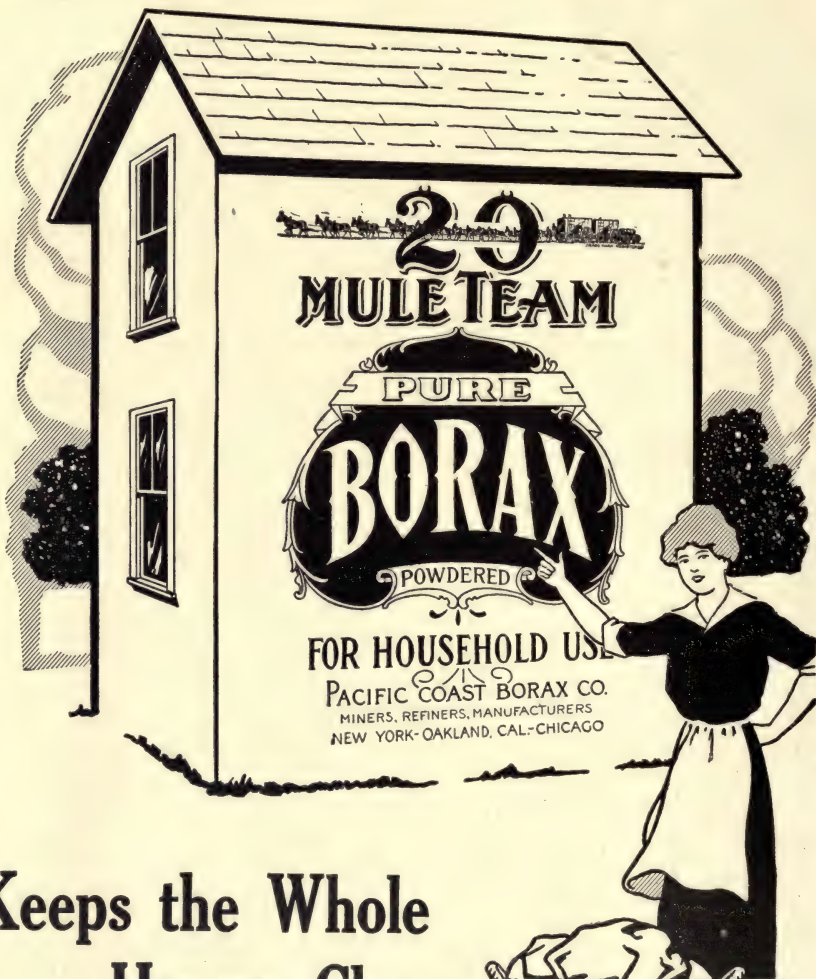
Housewives

League Magazine

SUPERVISING EDITOR—MRS. JULIAN HEATH



APRIL
1916



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HOW TO REDUCE COST OF LIVING

OUR GUARANTEE—THE HOUSEWIVES LEAGUE MAGAZINE guarantees that any housewife who reads this magazine during 1916 and follows the advice of its experts can save at least \$100 on household expenses. The Magazine will cost you but **ONE DOLLAR** for the entire year. It will pay bigger profits than any dollar that you can spend—Try it.

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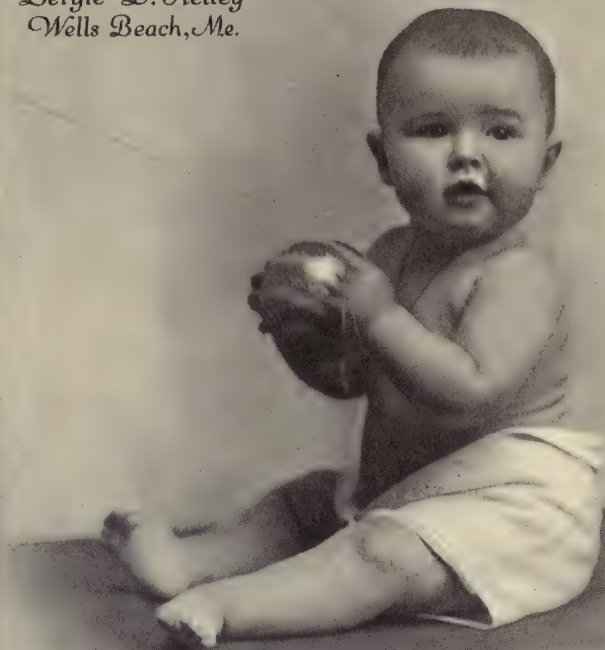
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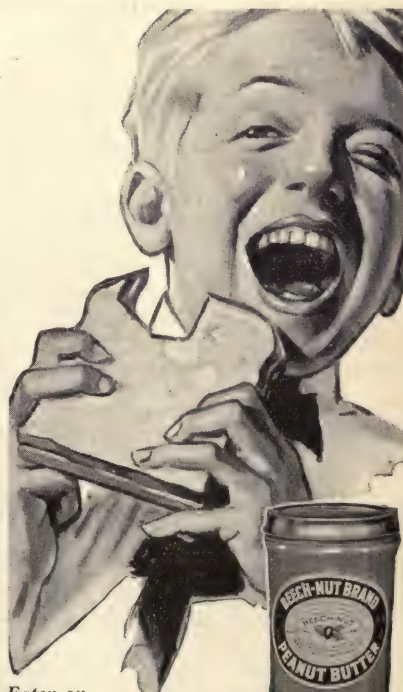
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Housewives

League Magazine

SUPERVISING EDITOR—MRS. JULIAN HEATH

MAY
1916



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"Swift's Premium"

Buy It Whole



Boil the Shank



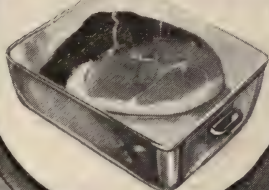
To keep ham from becoming too dry, add a little water and keep it covered.

Broil or Fry the Center Slices



Without parboiling

Bake the Butt



Premium Ham Shank with Vegetables

Wash ham shank and boil about three hours slowly. Remove from water and cook in the water cabbage, turnips, carrots and onions, until tender. Reheat the ham and serve as a boiled dinner.

Premium Ham Shank with Spinach

Wash ham and spinach carefully. Boil ham slowly about two hours and add spinach. Boil rapidly for about thirty minutes. Serve separately and garnish spinach with hard-boiled egg.

Premium Ham Baked with Tomatoes and Onions

- 1 center slice of ham, 3/4 of an inch thick
- 3 medium sized tomatoes
- 3 medium sized onions

Lay ham in baking pan. Slice first the onions and then the tomatoes on top until thickly covered. Add one cup of water and bake one hour, basting frequently with juice in pan.

Premium Ham Baked with Apples

1 center slice ham, about 3/4 of an inch thick. Cut off the fat and put (fat) through grinder. Spread on ham and cover all with brown sugar. Core apples and season with sugar and spice, put in pan and add 1/2 cup water. Bake in a very slow oven about fifty minutes.

Creamed Premium Ham on Toast

- 2 tablespoonfuls butter
- 2 tablespoonfuls flour
- 1/4 teaspoonful salt
- Pepper
- 1 1/2 cups chopped cooked ham (baked or boiled)
- 2 hard boiled eggs—sliced
- 1 cup milk

Melt butter and stir in flour without browning. Remove from fire and add milk and seasoning, stirring well. Return to fire and cook until creamy. Add ham and hard boiled eggs. Serve on toast.

Premium Ham Baked with Macaroni

- 1 cup of Macaroni broken in small pieces
- 1/2 cup of grated cheese
- 1 cup milk
- 1 cup chopped cooked ham (baked or boiled)
- 1 tablespoonful of chopped onion, salt and paprika

Boil macaroni in salted water until tender. Drain, rinse with cold water. Add grated cheese, milk, and season with salt and paprika. Fry onion in a little ham fat, add chopped ham. Mix well with macaroni, turn into well-buttered baking dish. Cover with bread crumbs and bake until brown.

Baked Premium Ham

Put a Ham butt in cold water, then boil slowly (one-half hour for each pound), changing the water when half done.

Remove the rind, and insert cloves in the soft fat, cover thickly with brown sugar. Place in a baking dish with water, and bake for one-half hour.

Swift & Company, U. S. A.

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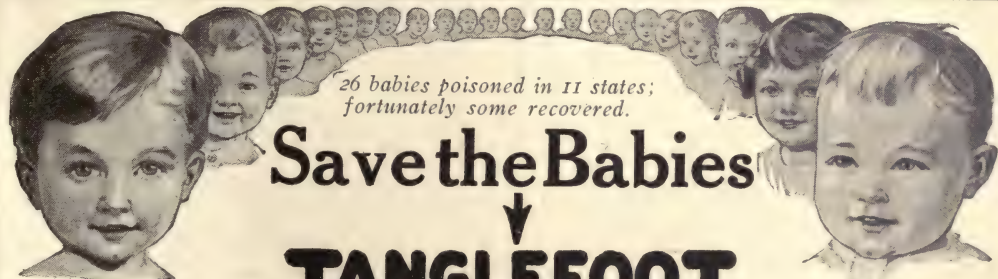
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The Journal of the Michigan State Med-



ical Society reports 26 cases of arsenical poisoning from fly destroyers in 1915 in only 11 states; in 1914 there were 46 cases in 14 states.

It states editorially:

"Symptoms of arsenical poisoning are very similar to those of cholera infantum; undoubtedly a number of cases of cholera infantum were really cases of arsenical poisoning, but death, if occurring, was attributed to cholera infantum.

"We repeat, arsenical fly destroying devices are dangerous and should be abolished. Health officials should become aroused to prevent further loss of life from their source. Our Michigan Legislature, this last session, passed a law regulating the sale of poisonous fly papers."

THE O. & W. THUM CO., Grand Rapids, Mich.

(68)

THIS LITTLE GIRL Had a Spinal Deformity

Little Miss Taylor had Potts Disease, a progressive, destructive disease of the spinal column, usually tubercular, and often accompanied by paralysis. The trouble in this case had been in existence



three years when her mother Mrs. W. S. Taylor, R. F. D. No. 2 Clinton, Ind., brought the child to this Sanitarium, Feb. 22, 1910. At that time, because of the disease and deformity of the spine, the child's head was forced forward—the chin in contact with her chest.

This picture recently taken shows her condition and appearance at this time. Write Mrs. Taylor, *In the treatment of this case plaster paris was not used.* The McLain Orthopedic Sanitarium is a private institution, devoted exclusively to the treatment of crippled and deformed conditions, especially of children and young adults.

Write us freely regarding Club Feet, Spinal Diseases or Deformities, Infantile Paralysis, Hip Disease, Bow Legs, Knock Knees, Wry Neck, etc. We will send you descriptive literature and advise you fully. Ex-patients as references everywhere.

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Housewives

League Magazine

SUPERVISING EDITOR-MRS. JULIAN HEATH



JUNE
1916

Bread Muffins Angel-food Cake Pastry

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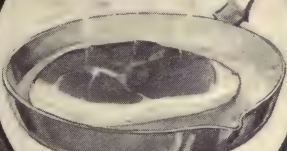
Boil the Shank



Premium Ham Shank with Vegetables

Wash ham shank and boil about three hours slowly. Remove from water and cook in the water cabbage, turnips, carrots and onions, until tender. Reheat the ham and serve as a boiled dinner.

Broil or Fry the Center Slices

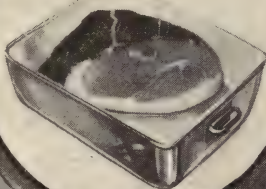


Without parboiling

Premium Ham Shank with Spinach

Wash ham and spinach carefully. Boil ham slowly about two hours and add spinach. Boil rapidly for about thirty minutes. Serve separately and garnish spinach with hard-boiled egg.

Bake the Butt



Premium Ham Baked with Tomatoes and Onions

- 1 center slice of ham, 3/4 to one inch thick
- 3 medium sized tomatoes
- 3 medium sized onions

Lay ham in baking pan. Slice first the onions and then the tomatoes on top until thickly covered. Add one cup of water and bake one hour, basting frequently with juice in pan.

Premium Ham Baked with Apples

1 center slice ham, about 3/4 of an inch thick. Cut off the fat and put (fat) through grinder. Spread on ham and cover all with brown sugar. Core apples and season with sugar and spice, put in pan and add 1/2 cup water. Bake in a very slow oven about fifty minutes.

Creamed Premium Ham on Toast

- 2 tablespoonfuls butter
- 2 tablespoonfuls flour
- 1/4 teaspoonful salt
- Pepper
- 1 1/2 cups chopped cooked ham (baked or boiled)
- 2 hard boiled eggs—sliced
- 1 cup milk

Melt butter and stir in flour without browning. Remove from fire and add milk and seasoning, stirring well. Return to fire and cook until creamy. Add ham and hard boiled eggs. Serve on toast.

Premium Ham Baked with Macaroni

- 1 cup of Macaroni broken in small pieces
- 1/2 cup of grated cheese
- 1 cup milk
- 1 cup chopped cooked ham (baked or boiled)
- 1 tablespoonful of chopped onion, salt and paprika

Boil macaroni in salted water until tender. Drain, rinse with cold water. Add grated cheese, milk, and season with salt and paprika. Fry onion in a little ham fat, add chopped ham. Mix well with macaroni, turn into well-buttered baking dish. Cover with bread crumbs and bake until brown.

Baked Premium Ham

Put a Ham butt in cold water, then boil slowly (one-half hour for each pound), changing the water when half done.

Remove the rind, and insert cloves in the soft fat, cover thickly with brown sugar. Place in a baking dish with water, and bake for one-half hour.

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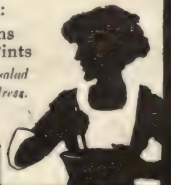
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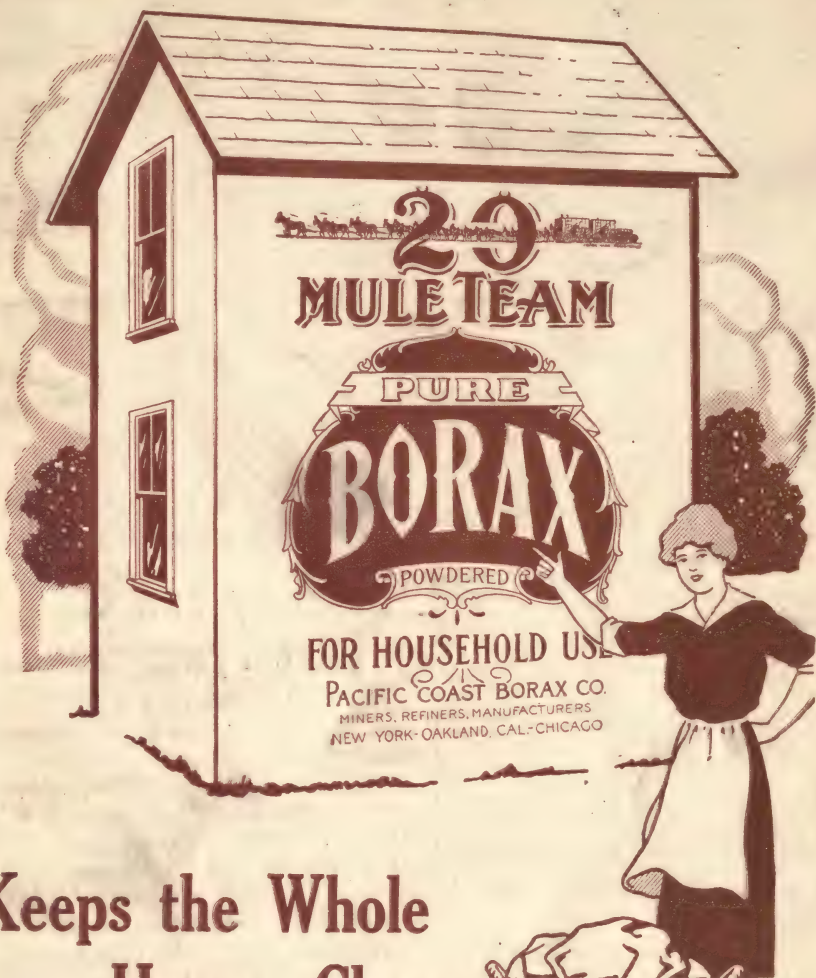
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